Concentration Methods and Helps.

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Occult Science Library

Volume Seven

Concentration Methods and Helps

Containing one hundred and eighty-one subjects, drills, etc. which show how to develop and use occult forces in all business and art.

By ERNEST LOOMIS.

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Dedication.

TO THE GREAT MULTITUDES, "WHOM NO MAN CAN NUMBER" AND WHO ARE NOW RAPIDLY AWAKENING TO AN INTELLIGENTLY ACTIVE FAITH IN THE OCCULT METHODS AND PRACTICES HEREIN CONTAINED, THIS BOOK IS REVERENTLY DEDICATED.

PUBLISHER'S PREFACE.

The almost phenomenal success of the entire Occult Science Library series, has led us to issue in this more permanent form, these "Concentration Methods, Drills and Helps," which have already been used to advantage by tens of thousands of readers. We will be gratified, if those who, in the future receive substantial benefits as a result of their use, will write us to that effect; or, if after using them they fail to perceive any such benefits, we would also like to hear, as it may enable us to suggest other helps, that could then be more readily appropriated, at least to the extent of remedying the difficulty in question.

Although hitherto we have not especially invited such expressions of opinion, we have nevertheless received thousands of unsolicited testimonials from readers who have been greatly helped by our publications. Our four textbooks of Occultism, perhaps because of their nature and peculiar powers, have elicited the largest percentage of these kindly expressions of good will which we highly prize, especially as they but voice and give vent to a helpful volume of living force that is always silently at work in furthering the cause of esoteric Truth. We are now publishing extracts from a few hundred of these letters, and on application will be pleased to send them free of charge to interested ones who wish to get more thoroughly into sympathetic touch with esoteric students and others who are silently doing so much to bring about the improved spiritual and material conditions of the new cycle or dispensation.

INTRODUCTION.

Every earnest student of life and of nature's finer forces, sooner or later learns the urgent importance of persistently practicing thought concentration as a means of awakening, developing and utilizing his latent interior powers. He is consequently interested in the various "concentration methods, drills and helps," through which such forces become operative in the fulfillment of his own higher ambitions and possibilities.

The hundred and eighty one subjects, drills and explanatory helps herein given, though hastily formulated and not even revised, are a relatively accurate embodiment of the deeper principles involved, and can be made almost invaluable by whoever will but follow the simple directions given, as thousands who have already used them can testify.

They apply particularly to character-building and the attainment of health, power, success and happiness. They are not intended as an exhaustive or comprehensive statement of the philosophy which underlies them, but rather as a concentrated embodiment of principles, for the purpose of giving intensely practical and efficient helps, even to the uninitiated, or beginners, to whom they are plainly intelligible.

It is hardly to be expected that a subject so comprehensively vast, and which promises individual powers so stupendous, should be readily capable of being concentrated wholly within a single sentence or book. To thoroughly learn the laws and principles, is to create an unwavering faith in the efficiency of the practices herein offered for consideration and use; or by faithfully observing these practices and methods, convincing proofs will come even though the philosophy is not at first understood. Could anything be fairer than to stake such consequences upon these simple and easily available requirements and conditions.

The helpfulness of these practices will be greatly increased if used and observed in connection with a careful study of the laws, methods, principles and practices outlined in our four text-books of occultism, entitled respectively, "Your Practical Forces," "Practical Occultism," "Methods of Self-Help" and "Force-Massing Methods" (price $1.25 each postpaid.)

Those who thus go into the matter thoroughly and faithfully, cannot fail to make rapid and substantial progress in every external way, and thereby reap financial, physical, mental and spiritual dividends of a most gratifying and satisfactory nature.

EXPLANATORY NOTICE.

The first thirty of these subjects, drills, affirmations, etc., are for use more especially during the month of September of each year, (one subject for each day of the month.) The second thirty one, are for the month of October; and so on for each month and day until March 1st. These are the noonday subjects and occult practices that are, during those months, used co operatively by the members of "The Home Silent Thought Brotherhood." We also have similar special subjects and drills (likewise used by the Brotherhood) for each day during March, April, May, June, July and August, which are published in six, fifteen cent booklets, (one for each month and containing thirty or thirty-one subjects each.)

The following quotation from our book "Practical Occultism" gives helpful hints and methods of how to use these affirmations, etc

"First get in a restful bodily position. If in a rocking chair do not rock. Keep quiet. Close the eyes. So far as s possible still the outer senses and calmly wait until the breathing becomes slow, deep and harmonious, and the mind restful and concentrated, that your meditations may reach a vibratory keynote within yourself that is sufficiently deep to produce a correspondingly effective result both within and without. In the use of the noonday affirmations, it is wise to reposefully hold each separate word in the thought,

until its vibratory forces and meanings fully reach the inner consciousness, and as each succeeding word is held, it should also be connected with its preceeding words, that their collective meanings and vibrations may sink into the consciousness and thus take hold of the higher self. The effort should of course be to quiet the outer senses and thus get free from their external and inharmonious surface vibrations.

Do not be in a hurry, for hurry, anxiety and fear are surface vibrations. The higher self does not fear and so long as you are anxious or hurried you may know that you have not yet reached its inner sanctuary of peace, repose and power, therefore take your time with your affirmations as though you had all day for them. The soul is in no hurry. It has an eternity in which to do its work. It works most effectively when it works reposefully. Do not try to "think hard." To "think hard," would be to strain the body or brain in doing what the spirit alone can do. It should be a question of withdrawing the thought consciousness from its multitude of external distractions, from the physical senses and things of sense, that it may nestle into close and loving vibratory relations with the spirit or higher self within and thus draw on its omnipotence for needed vibratory power and all it implies. Stop now and see how slowly, peacefully and reposefully you can silently pronounce the following words; three, seven, ten or twelve times and in accordance with the above rules, viz:

I–am–my–higher–self–my–power–to–think. It–is–indestructible–and–omnipotent. My–every–atom–sprung–from–it–and–is–fully–charged–with–its–power–and–harmony. There–is–nothing–to–fear,–nothing–that–can–harm–me. Love,–peace,–power–and–plenty–are–mine–now–and–forever." This will serve to illustrate how these daily drills, instructions, mantrams, etc., can be made useful in our various Brotherhood practices.

Concentration Methods and Helps.

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1. **The Power to Think,** is directly or indirectly, the sum total of man's Infinite inheritance. His present personality, or individuality, is the result of his own soul building through the use of that power. Inherent in that power, is endless possibilities and limitless reserved force. Whatever there is in the universe is for whoever will pay the price of thought force and thereby appropriate it. There is no permanent foundation for true success, except merit. All true merit is but character or character-building and is founded upon the power to think. As a rule, this fundamental of success is almost entirely forgotten and life becomes little more than an agonizing, frantic and unsuccessful scramble for the *fruits* of power. Power and its fruits through action are one and inseparable. If we would concern ourselves more with power gaining through silent thought action, and less with the mere results, we would get more of both power and its fruits. He who has or will manufacture a useful talent and then use it, need have little fear but its products will find a market. The world constantly desires and needs better things instead of cheaper things. There is misery and endless competition in mere cheapness. Its thought currents tend toward its low level. Silently meditate upon the question of your talents and their uses, and perhaps you will discover some method or opportunity of using your powers to think in a way that will be more productive to yourself and others. Hold the affirmation: *I-am-my-higher-self,—my-*

power-to-think. I-desire-opportunities-to-use-this-power-in-higher-and-more-important-ways. I-desire-occupation-that-will-cultivate-my-best-talents-and-powers.

2. Love of Life. Esoteric students who catch fragmentary glimpses of the beauties of the higher spiritual life, are liable to ignorantly assume that earthly things are a misfortune and mistake, to be gotten rid of at the earliest possible moment. This broad assumption that God's method of manifestation is wrong, is hardly in accordance with true occult principles. What occultism demands of its students is the changed and spiritual attitude which is able to sympathetically perceive the interior meanings and lessons in common things, and, consequently, to get happiness and good from all things. Teachings which merely sow seeds of discontent, instead of the true seeds of Love, trust and happiness, are not the highest teachings, because lacking in the essential of universal Love. A philosophy which causes its students to pretend love for everybody and every thing *except* each other and the things around them, is somewhat lacking in the true spirit of Love, as well as in wisdom. Occultism convincingly teaches universal Love and that your Love should begin at home, with yourself, in the changed attitude which can truly love common things and common people however glaring their shortcomings. When we understand the underlying laws of things, we will perceive the Infinite promise which lies below the surface of the most lowly exterior. Will we then have the heart to condemn these lowly works of the Divine creative law? Most emphatically no. Nor will we be too hasty in discarding the common things of external life, for in our changed attitude will we extract happiness from them instead of misery or discontent. Hold the thought: *I-love-my-life,-and-all-manifestations-of-life. I-love-the-law-of-life-supremely.*

3. Ideals. It is always the tendency of your highest ideals to become externally real. The perfect ideal is the only real, in the absolute sense. You are what you wish to be, yes more. Hold to your ideals, and they will quickly become externalized. Array on their side instead of against them all the powers of your imagination, your desires your faith, your intuitions, your understanding of occult laws, your love and your will. Use every intellectual and spiritual faculty as a means of giving clearness and definiteness to their outlines. Be sure that your ideals are in line with your individual tendencies, and the natural laws and higher tendencies of the human constitution, for otherwise their powers would act as a booomerang and bring you evil instead of good. Nature's forces are so constructed that its only method of self protection is the boomerang. A deep insight into the constitution of man is an absolute necessity in the work of happiness finding. Formulate your ideas in the silence and when the mind and forces get thoroughly stilled, hold those ideals in thought and mentally see them grow into perfect fulfillment. A useful affirmation would be: *I-am-my-higher self,-my-power-to-think. My-ideals-are-the-real,-for-otherwise I-could-not-think-of-them. The-highest-ideals-and-powers-must-become-manifest-through-me. I-demand-a-better-body,-better-mental-powers,-better-surronndings-and-all-that-could-make-life-better-and-happier.*

4. Philosophy pertains to the principles or science of life. We must live and therefore should live scientifically. The purposeless man or woman is an object worthy of pity. The one who pursues the wrong objects and methods of life is little if any less pitiful, and yet that is the almost inevitable result of neglecting a serious and intelligent study of the philosophy or science of life. The real object of all, is directly or indirectly, happiness. Universal experience teaches that it is rarely attained, and the cause must lie not in

the absence of its existance but in failure to perceive and follow the right methods, through ignorance of the true science of life. The cause of all misery is ignorance. By your neglect of the occult philosophy you are perhaps choosing failure, disappointment and misery. Do you not understand why? What folly! But do not cry over the past. The present and future are yours. Hold the affirmation: *I-desire-to-live-each-moment-for-my-best. I-concentrate my-forces,-that-my-spirit-may-teach-me-the-way-of-life. I-seek-the-mood-of-power-and-happiness. I-invoke,-from-within, the-power-to-maintain-that-mood. I-will-learn-and-apply-the true-science-of-Being.*

5. **Method,** order, system, good plans and good management are indispensibles in the attainment of true business success. These qualities should have a spiritual origin and should be led by the "Holy Spirit" within man. In that way they become avenues for a constant outpouring of new ideas and spiritual power. This "Holy (whole) Spirit" should be thoroughly awakened, before plans and methods are finally adopted and should then be kept active until they are fully carried out. Thought-concentration as the true method of awakening it, should therefore also be habitually practiced as a means of keeping it and its congress of mental faculties duly active and in power. To be led of the "Holy Spirit" means to be led of the *whole* spirit and is the only method of insuring permanent unity in the action of the faculties. Until this is done the faculties which represent order, system, method etc., are not likely to entirely fulfill their important duties. Hold the thought: *I-am-led-of-the-spirit. I-am-reposeful,-orderly,-methodical,-deliberate-and-concentrated-in-all-that-I-do. I-act-from-the-whole-spirit or-higher-self. My-every-undertaking-must-be-successful. I-invoke-the-wisdom-and-leadings-of-the-spirit.*

6. Rule Thyself. "He that ruleth his own spirit is greater than him that taketh a city." Our true work is always at home with the cause. The soul is all related. In ruling it we gain conscious command of its endless correspondences. We cannot rule it except by forming a partnership with the all-related law of force, or spirit within ourselves. Silent communion with the interior spirit is the true vibratory thought method of forming this partnership or "everlasting covenant" with the God within. The vibratory fusing power of loving thought communion with this soul of your soul and life of your eternal life, serves to form an ever widening web, or sphere of influence and power, which is solid to the core. Its backing is omnipotent law itself. As it permeates not only your thought consciousness and bodily organism, but also your surrounding environments, it gives an upholding spiritual power which enables you to float to success in your every undertaking, and without the necessity of much bodily or external exertion. Improved bodily and mental conditions keep the working machinery in perfect condition and remove the possibility of friction. Worry, anger, etc., cannot enter a soul which thus becomes permeated with the faith and power of Divine Love. Follow this devotional method of permeating your soul and surroundings with the eternal fires of Love. Hold the thought: *I-now-form-an-everlasting-covenant-of-Love-with-the-Father-within. I-commune-with-this-innermost-essence-of-my-soul,-or-power-to-think.*

7. Desire. When the desires are properly controlled, their vibratory forces thus become converted into spiritual power. Women naturally loves the man who is almost bursting with amative force properly controlled. All the natural desires are, in essence, but a desire for happiness, and if normal in their action are capable of yielding happiness. Love instinctively desires to give happiness. Love was the

underlying impulse from which all desires originated. It is only through Love desires that the outward manifestation of Truth—the Father—becomes possible. If it were possible to "kill out desire," as so many metaphysical teachers so ardently but ignorantly advocate, to do so would also do away with the manifestation of Truth. Vibration becomes possible only through the desires and tendencies of a thinker. The essence of desire is necessarily thought, and its expression is the object of a thinker, for desire normally gratified, brings the consciousness of happiness—the object of creation. Man was born to be rich. His desires and powers imply the need of something more than a mere subsistance. Hold the thought: *I-will-subdue-my-desires-and-thus-hold-my-forces-so-that-the-pressure-of-desire-and-power-may-become-greater. I-demand-the-happiness-which-external-life-was-intended-to-convey.*

8. Continuity. Americans as a rule are comparatively brilliant, but if the scatteration of the forces continues to be cultivated at the old rate, this brilliancy will be almost as short lived as is the flashlight of Fouth of July fire-works. But its cultivation will not continue at the old rate. The occultists have already called a halt and occult students are rapidly forming the van-guard which will demonstrate the desirability and necessity of concentration, or of massing power, instead of merely scattering it. The brain faculty of "continuity" is one of the weakest in the American head and character and constitutes a glaring defect. It can and should be cultivated by the practice of concentration in thought and act. There is power in calmness and repose. The leaders in the social, intellectual and business world, do not act as though their clothing was lined with yellow jackets. Their walk and actions at least suggest the possibility of the interior activity of the thoughts. They are not the ones who march in our St. Vitus' parade. Try to be more

reposeful and concentrated in your thoughts and acts. Cultivate the reposeful mood. Do not allow the thought forces to go ahead, from the act in hand to a proposed act of the future, unless perchance, you wish to train for failure instead of for success. The permanent mood of success is more important than is outward acts which are lacking in calmness, deliberation and repose, for the real activity is in the thought world of vibratory forces. Every act offers an opportunity for thought training and thought control. Hold the affirmation: *I-steady-my-forces——steady——steady——. I-maintain-reposeful-moods-of-success. I-feel——the-consciousness———of——power——. I-infuse-this-power-into-all-that-I-do. It-upholds-my-every-accomplishment.*

9. Freedom. There is nothing so precious as wisdom. Ignorance is the only bondage. The only true freedom is perfect co-operation with natural law. "The truth shall make you free." We are bound by the tendencies and laws of our constitution to finally conform to the perfect universal principles underlying them. There is no vow or power that can permanently bind us to a method of wisdom getting which is wrong or limited. Thought concentration is a method of wisdom-getting, or of co-operation with the interior force-massing law of our constitution which is *unlimited* in its possibilities. Force-massing or wisdom-getting is necessarily a matter of shackle-removing. Nothing but ignorance concerning the laws of force, has power to bind or limit the action of our forces. Every instinct within human nature will demand co-operation with the laws of the human constitution, simply to the extent that such co-operation is perceived to be the method of yielding the most personal happiness. That is why ethical principles cannot be taught with entire success, except in connection with the occult philosophy which proves that the instincts of selfishness—fidelity to the higher self or individualism is at one

with the universal laws of Love and right, and that man cannot afford to transgress any moral law. Meditate upon these perfect adjustments which make it impossible to obtain perfect and permanent happiness, success and power except by intelligent obedience to the perfect law of Love. Hold the thought: *I-am-free. The-law-of-Love-is-my-life. There is-no-bondage-in-Love. I-demand-self-knowledge-and-wisdom -that-I-may-conform-to-the-perfect-law-of-my-constitution.*

10. Divine Chemistry. The one law of vibration, or cause of force, is all and within all, and therefore overshadows the workings of all with its Divine harmony and omnipotence. There is no inharmony except in the surface vibrations of externals. If we would become at one with the interior harmonies of this universal chemical compound, we need only to get into oneness with its overshadowing law within ourselves There, all is peace, order, repose and power. When prairie dogs become alarmed they dive into their holes. When we ignorantly become alarmed or immersed in the retarded, discordant inharmonious surface vibratory currents, we have within ourselves a place of refuge and of harmony which can be reached without diving, viz, through thought-concentration.

Let us go there now by simply changing the attitude and activities of the thought consciousness to that introspective stillness and "peace which passeth all understanding." Hold the thought: "*Peace-be-still.*" Thus still the over-activities of the senses. Reposefully hold the thoughts to a center. If they wander, then quietly haul them back, and keep doing so until they get steady and concentrated. As they get started toward the involutionary consciousness, the task becomes easier and easier until all becomes blissfully steady and peaceful. Do not too quickly disturb the mood thus attained, but carefully avoid allowing the consciousness to drift.

11. "Let there Be Light and there was light." Let there be the manifestation through you of your inherent powers. Let there be that illumination of your soul, which will make such manifestation possible. Let there be absolute fidelity, on your part, to the occult principles and thought methods through which such illumination comes as an inevitable consequence. Let there be unwavering devotion to the philosophy which teaches those principles and methods. Let the Holy (whole) Spirit within, speak through you now. Let it say unto you and all, "this is my beloved Son in whom I am well pleased." Let its natural laws have uninterrupted access to your consciousness and to every atom of your being, so that by co-operation with this interior Father principle or law, it may be truly said of you, "*I–and–the–Father–are–one.*" Let this benediction of the spirit "rest upon you and abide with you now and evermore"——

12. In the Beginning was the word," and man is God's messenger in carrying "the word" or law of life, into manifestation. Each thinker must in time manifest its ultimates. Listen in the silence for the "lost word." Perhaps the "still small voice" within, will whisper it to you. Perhaps it will say, *I AM* it. Carry me—the real me—into the world. Preach to all creatures the law or gospel of man's inherent Divinity. Teach all to uplift the eyes of faith and trust, as a means of knowing and seeing this God within themselves and others. Blessed are the true messengers of these glad tidings. We each are God's messengers. Truth and Love are the staple commodities in which we should deal. Loving hearts will bless us to the extent that we thus bring to them the true bread of life. Our opportunities for loving thought co-operation are always at hand and especially at the noon hour when the Sun is at its zenith. The Sun then casts no shadow, and there is no shadow of ignorance too dense for the arrow of loving thought to then penetrate.

The true beginning is of course within ourselves. We should penetrate the depths of our own souls and find that "lost word" which, from the beginning, has been the message of Truth or God, which we are to carry to all nations. Hold the thought: *In-my-beginning-was-that-word-of-Truth-which was-and-is-God-and-man. I-am-its-messenger. I-listen-for-its-message-to-my-heart. It-fills-me-with-joy-and-power.*

13. **Genesis.** "In the beginning was the word (Truth or vibratory law) and the word was with God and the word (or law) was God." The genesis of *rapid* evolutionary strides is that love of self-knowledge and consequent fidelity to, or co-operation with, the interior evolutionary law (God) which awakens its more powerful forces and therefore more rapidly fulfills its manifesting mission. "Tne Truth (or knowledge) shall make you free" is noticably in harmony with vibratory law and therefore can be absolutely relied upon, for all things are but the outcome, or products, of vibratory law—Truth—God. Our discovery of the cause of force, or law of vibration, was made entirely independent of the Bible and without even a thought of consulting it, but was afterwards found to be singularly in accordance with its esoteric teachings, not only regarding the creation, or Genesis of all things, but also with the whole Biblical account of the work of manifestation, or history of the soul. This all-sufficient key to scriptural interpretations throws a flood of light upon these sacred teachings and soon will, in connection with this work, be dealt with in a way which is bound to bring conviction to thousands who now doubt that the Bible is either scientific or true. Hold the thought: *I-now-polarize-my-forces-to-that-interior-causal-law-which-is-God. I-demand-its-esoteric-knowledge-that-I-may-manifest-its-omnipotence. I-invoke-its-blessings.*

14. **Biology.** True biology, or the science of life, necessarily revolves around the one law of vibration. Biologists,

scientists and all great thinkers, have hitherto been in the dark concerning the origin and true science of life, simply because they did not understand this underlying law of vibration. Many of them deeply realized the importance of understanding it and that hardly any great question of philosophy, or of life, could be finally and absolutely disposed of, until the exact workings of this law is clearly understood and explained. If they could but believe and understand the fact that it is so explained in our course of study, they would allow nothing to prevent them from taking it, simply because nothing else could give such an impetus of success to their investigations and efforts: nor is there perhaps any one thing of equal importance to the lay mind, or ordinary student who would understand and conform to every condition which makes true success and happiness possible. These are of course strong statements, but they should be convincingly self-evident to comprehensive, thinking minds. From an understanding of this law, has evolved numerous scientific principles of life and occult practices, which are taught in our course of study and the Brotherhood degrees. The chief practice is this one of daily thought-concentration. Its underlying and related principles must be understood before its deepest esotericism can be entirely perceived; but we can each practice it even now, to at least some degree. Through practice we will gradually obtain deeper and deeper perceptions of its methods, its importance and its possibilities. Hold the thought: *I-am-the-law-of-life. I-will-understand-myself-and-the-science-of-true-living. I-delve-for-knowledge-to-its-true-source-within-myself.*

15. **Adam's Rib** or support in the work of manifestation, was his positiveness or outgoing evolutionary tendency. From this positive pole, support or vertebra of manifestation, was made its corresponding negative pole or counterpart—woman, ("Eve.") There can be no positive without its cor-

responding negative, and in that sense "It was not good (or even possible) for man to be alone." The positive or masculine and the negative or feminine principles in nature, are necessarily exact counterparts and equals. Man represents the outgoing or evolutionary tendency and in that sense is "first" or the 'head" of the family in the work of universal manifestation. But woman represents the involutionary indrawing tendency to polarize back to Truth—the Father principle, and in that sense lies still nearer to the heart of God. Woman has more than ordinary capacity for successful effort in the coming spiritual evolution or revolution, because she is especially representative of spiritual and spiritualizing forces.

Occultists hold that man and woman need not and should not be separated in any part of the higher evolutionary road. The law of life in man and woman alike, is both masculine and feminine in its principles, and therefore is to be finally manifested in its fullness in each individual life. But man and woman are natural helpers or help-mates during the entire process of soul evolution, even in the work of regeneration or conservation of the sex forces. Each student should know why and how, as a means of understanding how to make those fine adjustments in the sex life and in the relations of the sexes, which means so much in the way of happiness, power and true success. As it is, a large percentage of students ignorantly permit themselves to be real enemies instead of rightful helpers of the opposite sex, in leading the higher life. Hold the thought: *How-can-I-better-adjust-my-sex-life-and-relations-with-the-opposite-sex. I-demand wisdom.*

16. Virgo Vibrations. The Zodiacal sign Virgo, which is now in power, is, to a large extent, representative of the law of vibration. It is therefore desirable that we utilize its chemical powers in harmonizing "mind, body and estate."

We should perhaps begin with the mind, for "As a man thinketh, so is he." We should try to weed out the crudities of thought which have perhaps resulted from carelessness, from prejudice or conventionality, from ignorance and from the now obsolete traditions, founded upon ignorance, which we have perhaps inherited from ancestors or from the race thought.

Our thinking is too largely a matter of mere geography or heredity, as may be known perhaps by our politics, our religion, or our conventional ideas. We think or accept things, whether true or false, simply because parents, friends, acquaintances or the public do. How few there are who have the independence, the vigor and the thoughtful discrimination, to thing and act from *principles* which are *true* and to discard commonly accepted errors. Silently review your principles and your methods of thinking and acting. Are they truly representative of the soul and of the independence of Truth? Hold the thought: *Truth-is-my-reliance. I-dare-to-live-for-it. I-will-manifest-it-in-thought,-act and-deed.*

17. **The Virgin,** or Virgo, symbolizes gender, femininity, purity, conservation, thought concentration, magnetism, involution and the first vibratory fruits of the law of vibration itself. This law is the polarity which makes all of these things possible. Thorough thought concentration, purity, the forgiveness (or wiping out) of sins, and true virginity, are always possible to both man and woman. Thought concentration is feminine or magnetic in quality and involutionary in character. Man's true love is that interior law which is God. His forces being electric are in need of its magnetic balancing power. That law, being both masculine and feminine, is likewise woman's true ideal and polarity. The very indrawing or intuitional and involutionary tendency of her forces is what makes them magnetic instead of electric. If she

would retain or reclaim her virgin purity, let her be true to this tendency and intuitional power of her nature.

To invert the intuitions by ignorantly using them as a channel for the reception of external psychic forces, is to unconsciously lose one's true virginity by thus inviting and having semi-carnal or psychic intercourse with passion psychisms with which the invisible during sleep and at night is swarming. During sleep nearly all of the brain activity (and consequent psychic affinity) is through the Cerebellum or amative faculty. Sleep is a process of concontrating the forces which act chiefly through gender, of which the amative faculty is representative; but its true objects cannot be entirely fulfilled, so long as our wrong thought habits set up causes which invite dreams and invert the action of the intuitions, making of them an avenue for the reception of psychic leaches. This may seem horrible, but is nevertheless true and is the natural consequence of wrong thought habits and lack of habitual observance of the practice of true thought-concentration. These principles apply to both man and woman alike. Who are our perfect virgins? "Who will cast the first stone?" Hold the thought: *I-regain-and-retain-sex-balance-by-loving-devotion-to-that-interior-law-which is-God.*

18. Touch and Touchiness. Sensitiveness to harmonies or inharmonies implies discrimination if free from what might be termed "touchiness." The wasp is touchy. Sensitiveness should mean something more than a waspy condition of disordered nerves. It should mean that adherance in consciousness, to the higher self, which brings to us the discriminating powers and leadings of its chemical law. Thus may we obtain and follow its leadings even in the details which pertain to everyday life and particularly in the more important events of life. If we would find, trust and follow those leadings in the choice and use of foods, we

would be less apt to clog the system with an oversupply and thus throw upon the nerves and vital organs a load which makes them "touchy" as a mere matter of self-defense. Discrimination in regard to the selection, quantity and use of foods, etc., is a Virgo characteristic which we should cultivate even when under the influences of other Zodiacal signs. Hold the thought: *I–govern–myself–by–true–basic–principles. I–am–sensitive–to–the–leadings–of–the–higher–self. I–exercise–spiritual–understanding–and–discrimination–in–all–things. My–own–comes–to–me. I–do–not–attract–inharmonies.*

19. Mechanics. The universe might be regarded as a complicated but perfect machine. The law of vibration is its secret. This law explains the whole and likewise the general workings of its every separate part. To comprehend the whole system requires a cultivated and active mechanical instinct. The constructive faculty acts with reference to thoughts, ideas and principles, as well as in connection with things commonly regarded as purely mechanical. If we would understand ourselves or the exact workings of our power to think, we must use our mechanical and other faculties in studying and comprehending the all-inclusive law of vibration, and also the various functions, relations and inter-relations of our forty-two or more mental faculties. All successful accomplishment, including the building of machines, necessitates a general understanding in advance, of the objects to be gained and of the adaptations and methods of action of each part or factor in the structure. What is your problem in life? What is your purpose, your methods of accomplishment and the weak points, if any, in those methods? Silence your every sense and faculty until the spirit within, pushes for utterance. Then, if possible, answer the question while each faculty is at its best and filled with the spirit which is all, within all and overshadowing all. Hold the preliminary thought: *The–*

spirit-of-silence-within-is-my-refuge-and-strength. I-demand-a-consciousness-of-its-holy-presence.

20. Conscience is that inate monitor or faculty which functions the desire for abstract right. Its sense of right becomes educated through bitter soul experiences covering ages of time. The fearing faculty of "caution" which "dreads the fire" of repeating such experiences, is its right hand man. Conscience acts according to its highest knowledge of right and wrong. It is dependent upon other faculties for this knowledge. At its best it is but representative of negative right. It is the law nature, or "shalt not," of the last nine Biblical commandments, and cannot become perfect until it is inspired by the "thou shalt" of the first commandment of Love. Conscience, when backed by fear, superstition, ignorance, intense selfishness and over-abundant executive force, hangs or burns "witches" as a "religious principle" (founded on ignorance). Perhaps you are yet hanging or burning the witches of new spiritual thoughts, principles and truths. If so you are thus using your powers in consuming your own possibilities, prospects and opportunities. You thus cheat yourself of progress and happiness. Try in silence to awaken within yourself that loving spirit of understanding which "casteth out fear," ignorance and penalties, and which is ever receptive to the bewitching influences of interior spiritual forces and truths. Hold the affirmation: *I-demaud-a-perfect-understanding-of-the-principles-of-life. I-demand-power-to-conform-to-those-principles. I-respect-all-forms-of-life. I-demand-wisdom. May-the-spirit-bless-me-and-mine. The-world-is-my-family.*

21. Sensitiveness to the interior law should and will bring foresight and perception; but not the deceptive psychic serpent of receptivity to mere externals. During thought-concentration we should become passive, negative and receptive to the inner vibratory forces *only*. We cannot

exercise too much discrimination at this point, and at all times should religiously rule out every external psychic stranger which knocks for admittance to the thought consciousness. If we open up these psychic doors, or intuitional avenues, for such strangers to enter, they will act upon the passional faculties during sleep and drain us of precious forces without our even knowing it. We will find it impossible to entirely conserve the reproductive vibratory fluids, so long as we neglect and misuse these occult practices of concentration, which, when wisely used, by awakening and maintaining the true interior flow of vibratory force, thus protect us from all less positive external forces. If we would insure a constant supply of that interior joy-giving force, from the higher self, which also gives us power and efficiency in action, we must exercise due fidelity to the true principles of thought concentration. There is no other satisfactory way. Hold the thought: *I-am-true-to-my-higher-self. I-practice-the-true-principles-and-methods-of-thought-concentration. I-draw-upon-the-interior-vibratory-forces-only. I-am-my-higher-self.*

22. Clairvoyance. A large percentage of those who investigate the mysterious workings of nature's finer forces, are led to do so through an interest in some of the various forms of psychic phenomena. Thousands never get beyond this mire-hole of so called occultism. There are countless thousands, even of those who perhaps have never heard of psychic phenomena as such, who are fairly reeking with its filth and miasma. In fact there are perhaps comparatively few who adhere to occult principles and methods with sufficient fidelity to entirely free themselves from all taints of these inversions of those principles. The clairvoyant or intuitive faculties are designed by nature to act as an avenue through which the thought consciousness can get Truth, power, harmony and happiness, at first hand, direct from the

Infinite vibratory law of force or fountain of Truth and omnipotence within. This use includes all other uses of these faculties. As "all things evolve from within outwards" there is no need whatever of that inverted action and receptive condition of these clairvoyant faculties which would enable them to sense things and conditions from without, and thus open the thought organism to the harmful action, during unprotected periods, of every psychism and force-current in the invisible. There is no way to entirely prevent such consequences except by avoiding their cause, or in learning and conforming strictly to those principles of occultism and of thought concentration. Hold the thought: *I-draw-on-the-inner-vibrations-only.*

23. Psychometry, like Clairvoyance, offers alluring and seemingly innocent methods of prostituting occult powers. The line cannot be too sharply drawn against it. Exercise judgment and great discrimination in your methods of thought concentration or you will tumble into the psychometric pit falls. The feminine mind is peculiarly susceptible to such dangers, and particularly so during the coming month when the Libra Zodiacal influences are unusually strong. Steady your senses and thought forces. Calmly and reposefully inhale a long breath of fresh air. At the same time silently hold the sacred syllable OM, and think of it as the inner principle of life itself. Then as the breathing becomes reposefully natural, take a small stick in both hands, grasping it as lightly as possible. After a moment of repose, let the hands very gradually tighten their grasp until considerable strength is finally thus exercised. Continue to silently hold the syllable OM, and to think of its life-giving powers. Repeat the whole operation several times and watch your sensations as you do so. If you thus gain new life and its consciousness of power, you could, if desired, repeat the entire process every half hour or hour during the day. This could

be used as one means of improving your health, but as there are many principles involved and things to be considered in the matter of preserving or regaining health you should make a careful study of the entire subject either through our Brotherhood degrees or otherwise.

24. Psychic Power. As a rule, every power increases by use, but psychic powers cannot be increased or even preserved, through the ordinary methods of their use, or rather misuse. Those methods deplete and scatter the forces and therefore lead in the direction of psychic insanity. The alarming increase in insanity is due almost wholly to those and other methods of depleting the soul powers. To use the psychic faculties in clairvoyant ways, is to cultivate moods which not only carry the consciousness out of the bodily temple, but which also act as doors through which swarms of psychic demons can enter and rule. The disconnected and disjointed words, thoughts and actions of the insane, are but spoken wails and silent echos from the psychic or unseen world. Insanity is nearly always accompanied by some perversion of the sex functions, which, in most cases, is caused by thus becoming a victim of psychic vampires who live on these borrowed vibrations of sex forces. To psychically step out of the body, is to turn traitor against the individuality and interior God. There are countless thousands who ignorantly do this, and the only way to entirely avoid it is by the force-massing practices which occultism offers. That vacant stare and soulless expression, which is so common with people who have dried up, at least so far as their interests in life are concerned, is due to the thought scattering and other methods of stepping out of the body. As you concentrate and become silent today, let the thought reposefully dwell upon that life interest which lies nearest your heart. Hold the thought: *I-will-wisely-gratify my-deepest-desires. My-constitution-is-holy-and-righteous.*

25. Psychic Perception. Libra characters are, as a rule, liberally endowed with the powers of psychic perception. They should exercise great wisdom in their use of such powers. These soul capacities are organized largely through the concentrating powers of gender or sex. Their use of these powers determines, to a large degree, whether or not they will balance the scales of Libra. Libra is representative of the reproductive nature. The scales of Libra justice, must become balanced at that point of conservation (of the sex forces) where true transmutation and regeneration becomes possible. By thus conserving the psychic germs which are organized through sex, the Libra perceptions and intuitions are quickened and become almost infallible.

If you would become truly illumined, then go to that interior source of light where there is no darkness or ignorance. Hold your thought consciousness as a medium for that light and it will shine more and more through your every outward act. Light is an indispensible of life. To turn your psychic or intuitive faculties to the without, is to allow foreign bodies to enter and produce perhaps a total eclipse of your Sun of life. This tends to shut you off from your life supplies. Hold the affirmation: *I-have-the-perception-and-spiritual-understanding-to-apply-those-interior-methods-which-produce-spiritual-illumination. I-see-God-face to-face,-to-the-extent-that-I-find-the-within.*

26. Foresight. Let us set up vibratory causes which will surround us with an armor of protection against mistakes. Let us create those constructive and harmonious interior thought currents of Infinite good which will protect us from accidents, emergencies, scandals, fires, robberies, burglaries, etc., so that when the brick accidentally falls from the scaffold, we will not be in its thought current. The intuitive faculties act with reference to things which mere reason cannot know of—because dependent upon facts not

yet transpired. They send spiritual forces or thought currents ahead of the body and thus create that so called good luck, or foresight, which is the natural result of being led of the spirit. We are, by our moods of mind, constantly creating thought currents good or bad, but should at times start more positive and specific spiritual forces, and with definite objects in view such as the attainment of foresight, protection, spiritual perception, etc. Hold the affirmation: *I-now-surround-myself-with-a-spiritual-armor-of-protection-against-all-harm. I-live-in-the-thought-currents-of-Infinite-good. I-demand-wisdom-and-foresight. I-am-led-of-the-spirit-to-the-right-thought,-the-right-speech-and-the-right-action,-at-the-right-time-and-in-the-right-place.*

27. Sagacity and shrewdness are terms which, as ordinarily used, imply dishonesty, trickery and deceit. True sagacity avoids trickery and deceit as it would the leprosy, in the sure knowledge and faith that the eternal laws of Right, Justice and Love must inevitably prevail. Such sagacity is the product of that deep insight which is able to mentally penetrate to the heart of things, and to understand their interior workings and methods of action. To thus send the thought forces to the interiors of things, is to set up attractive causes or force currents which will lead them to action, therefore sagacity is, to an extent, that co-operation with and perception of natural laws, whieh *creates* the causal forces that bring its subsequent success. Begin with yourself. Penetrate in thought to the interiors of your life methods, and exercise true sagacity in finding and removing the obstructions and barriers to your success. Is your health perfect? Then make it so. Is your business righteous and sufficiently successful? Then ferret out the weak points. Are you happy and joyous? Are you fulfilling all the responsibilities of life? Self improvement should be the keynote to your efforts in thought concentration, for with

it comes powers and opportunities, the very attainment of which brings many consequent achievements. Hold the thought of spiritual insight regarding the undercurrents of your own life, also the affirmation: *I–demand–the–insight–to–penetrate–to–the–strong–and–weak–points–in–my–life–and–life–methods.*

28. Divine Inward Breath. We imbibe life by a trinity of methods and sources, chief of which is the divine inward breath. Foods are dependent for their assimilation upon pure blood. That in turn is dependent upon breath or oxygen, as a means of removing dead tissues and building up new ones; and the power of common oxygen, or breath, to do that, is dependent upon a certain impulse of life which might be called spiritual inbreathing, or the divine inward breath of scientific devotion and thought concentration. This latter principle, if properly applied to health, would yield better results, even from a poor and limited supply of foods and oxygen, than could be obtained from an abundance, but with its absence, therefore should be given thoughtful attention by him who would know what true living means. Your mentality is your soul principle, or life. Properly cultivate your forty-two mental faculties, and good health as well as happiness and success will follow. Silently steady the mind and then think of your higher self as an everlasting law of life. By properly holding this in the consciousness, you gradually eliminate from the consciousness the fear of and tendency toward physical death. Hold the affirmation: *I–am–that–indestructible–and–omnipotent–evolutionary–law–which–is——all——and–within——all–here——and–everywhere——now——and–forever. I–am–now–conscious–of–its–holy–presence.*

29. Drawing on The Unseen. The air is unseen. By your attitude of mind try to convert the oxygen of air, into the higher vibratory force of true life. Let the process of com-

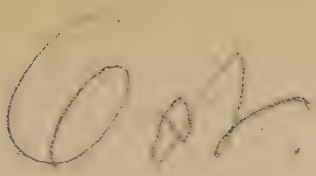
bustion or transmutation take place between this coarse form of oxygen and the higher potencies of the divine inward breath. Thus may it become converted into an ecstacy of physical life. Reposefully breathe deeply, and as you do so think of your fondest and highest life hopes. As you exhale, think of those hopes as purposes which are now being accomplished through the occult powers of breath backed by divine law. The breath thus acts as a carrier for potent thought forces. After a few slow repetitions of the above, then substitute the syllable *OM* as you inhale, realizing at the same time that you are thus drawing nearer to the true home of the soul, or law of life and power within yourself. As you slowly expel the breath, think of these powers as going to your every environment. After this practice has been slowly repeated for a few times, then slowly extend the arms with palms downward, using only sufficient stength to hold them up. As you slowly inhale, gradually close the hands and tighten their grip (not too tight) until your lungs are *full*, then hold the breath and try to feel the pleasant sensations of the nervous system and of the incoming life through that avenue. There are important occult reasons for doing this and for frequently repeating the process. The entire subject will be thoroughly dealt with later.

30. The Holy of Holies. There is no reason why the noon hour cannot be made the most pleasant and profitable of each day. As the higher potencies of thought concentration are reached, its vibratory powers to bless, will increase, until finally it becomes a holy of holies second only to that interior holy of holies from which its rich blessings are derived. Utilize the hour today in reposefully reviewing your noonday experiences of the month and in picking out the brighter ones as helps for the future. By thus building their essences more deeply into the subjective mind you will be stronger, better and nobler in every way. It would be de-

sirable to resolve that some part of each noon hour during the coming month will be devoted to this practice, and if you will note your progress by recording in a book kept for the purpose, the best thoughts, impulses, etc., which come to you from time to time, you will doubtless find the practice interesting and important in the work of character-building.

To STUDENTS of OCCULTISM.

We have now instituted an Occultist's Preparatory Course of study, which, can be taken thorough correspondence, or otherwise by properly qualified persons who make application at once. This thorough course is designed more particularly for those who wish to teach, write, heal, form branches, or become workers and leaders etc, in connection with our church and other work. Past experience, as well as scientific reasons, convince us, not only that these and other extensive preparations on our part will be more than justified by an early outpouring of results, but also that every earnest and competent worker, who is properly prepared, will be assured of abundant success in this already successful work. There are $225.00 worth of books and equipments, in addition to the teachings, Brotherhood degrees etc, which are included in this course, therefore the $125.00 cost can be quickly gotten back, even by those who devote but sundays, or a few evenings, to the work. As the teachings alone are worth the entire cost, no doubt there are many who, though already occupied, will take the course for the knowledge and power thus obtained, and then give away the $225.00 worth of books simply as a means of doing good.



Concentration Methods and Helps.

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1. **Economy of Force.** External life, or activity, is a species of force-spending, exhaustion, or dying. The processes of life and of death within the human organism, are so interrelated, that each seems to be the other. The constant work of destruction is a process of life, which is ever arranging the forces into new forms and more in line with the universal laws. These laws themselves, together with our consciousness of them, are the only things which are fit to finally and eternally survive. The destructive principle in nature is constantly hinting to man, that he *must* build into his consciousness a complete knowledge of the universal laws. Knowledge gaining is the only process which enables him to permanently survive. Perpetual youth, great power and keen happiness is possible to each one who will but learn how to create force as fast or faster than he spends it. The most simple act, even the involutionary act of breathing, is a process of tearing down and casting out worn out life tissues or vibratory forces, and at the same time replacing them with new and better ones. The machinery of the body will gradually wear out, unless we learn how to make it perform its most simple functions in the light of deeply esoteric knowledge. Let us silently breathe these deeper laws of our being into our external consciousness through thought-concentration. Use the affirmation: *I-now draw-force-direct-from-its-law-within-myself. I-demand-to-know-and-follow-the-best-methods-of-thought-concentration.*

2. Nervous Prostration. The cause and cure of all disease lies within the range of man's forty-two thought faculties. The harmonious activity of those faculties necessarily produces harmony in the action of their consequent vibratory forces. Nervous prostration is the result of force-wasting and force-scattering, or of casting unnecessary burdens upon the force-centers. Thought control would enable us to avoid force-scattering. The due exercise of our thought faculties would result in habits of eating, drinking, breathing, etc., which would not clog the system with an over supply of food. Nature, however, can stand much abuse, providing its life impulses are sufficiently strong. The cultivation of happiness giving life impulses is something that cannot, with impunity, be neglected. Life is vibration. Its true source is within. To impede its forces by lack of interest in the common things of life, is to prostrate the nerve centers. The creation of positive and negative poles, or masculine and feminine principles, is the original impulse of life, or nature, which resulted in vibration and its manifesting powers. This love between masculine and feminine, if interrupted or perverted, impedes the life forces and is one of the most common causes of nervous prostration or diseases. Love is basic in the human constitution. Become scientific in expressing your Love nature and your general life interests, or loves, and the impetus of life, will do the rest. Occultism is the science of Love and of true living. Concentrate upon this subject. Master it. Live the perfect love life. Hold the affirmation: *I-am-Love. I-love-my-God,-my-self-and-all-living-things.*

3. Restoring Balance. "A small leak will sink a great ship." If the forces are not kept in harmony, or balance, they will scatter and waste. Individual tendencies of character indicate the trend of these wastes, and likewise furnish soil for the growth of force-wasting germs which will de-

stroy the life. Within each unbalanced organism, is a germ of tendency which will finally sink it into the concentrating or involutionary process of physical death. Why not do this concentrating daily, and thus at least counteract or retard the life destroying powers of those force-wasting germs of tendency? Your higher self is balanced. Its forces will harmoniously express themselves through you, if you will but go to it. You can go to it in the silence and thus balance your forces. You can maintain that balance by persistently practicing the thought concentrating silent process which produced it. But will you? Don't unless you want to. It is your matter rather than mine. I most cheerfully accord to you and all others the rightful absolute freedom of individual action which I demand for myself. If you are too blind to perceive the importance to you of practicing these and other occult principles, I shall not complain. You are the chief loser. My God is all-sufficient for my needs. Yours will in time awaken you to a realization of your needs, and there is no reason why either of us should unbalance ourselves, or intemperately use our forces by quarreling, simply because the other does not follow our imperfect methods. Let us each choose our own "Infernos" and invite all others to do likewise. To cut off from exter nals by worshiping and fully relying upon the God within, or by fulfilling the first commandment of Love and worship, is a reverential way of telling everybody to "go to h——l." It likewise teaches, by example, how to get to heaven. The h——l of discord will, in time, indirectly teach each soul its needs, and what it is that the human constitution "cannot stomach." As compared with the direct process of scientific knowledge-getting, it is a slow way of regaining a "lost paradise." Restore balance of soul by silently repeating the esoteric meanings of the Lord's prayer.

4. Extremes. "Reaction is equal to action and in the

opposite direction" is a philosophic law. Extremes of happiness, which have only a foundation of externals, are almost sure to be followed by corresponding moods of depression. That vibratory consciousness of happiness which results when the thought is repeatedly carried to the law of wholeness within, and to its higher harmonies is an affirmation of Being and natural soul conditions which is not likely to be followed by extreme depression, or by other negative and unhappy moods, provided the thought concentrating causes which produced the happy mood, is properly and habitually practiced. If we would avoid these extremes of feeling and their unhappy consequences, let us faithfully follow the requisite preventative methods of thought concentration. Let us now try to call up a happy and repeatful frame of mind, or mood. Cease all anxiety and hurry. The soul is in no hurry. It has an eternity in which to do its work. Repose-ful moods are essential to its success. Ride upon the shoulders of earth's cares and responsibilities rather than allow them to ride upon your shoulders. Take plenty of time to compose yourself and to resolve more closely to that interior law which is the *I-AM* of your Being. When the repeatful and happy mood of power is today attained, do not be too hasty in disturbing it.

5. **Justice.** The universe is run upon principles of exact justice. You as a part of that vast universal system, must come into perfect oneness with its justice. To fail in this is to obstruct and retard its helpful force currents in their efforts to act through you. As you live more and more in your interior soul principles, or from your higher self, you will as gradually get into the Invisible region of absolute justice, where the helpful force currents of universal law are not retarded. Now that the Libra force currents are so active, is the very time to seek deeper and deeper adjustments of your forces with reference to this matter of

justice. Obtain for yourself the true viewpoint, learn to the utmost hold the thought of absolute justice, and as you love your life, your success and your happiness do not fear or hesitate to eliminate from your life every element of injustice. Deal with the embodying realities, or principles and your efforts to become more perfect in this respect will make themselves known in ways which will attract to you more favorable external conditions. You might hold the affirmation: *I am that-absolute-law-which-is-just-to-all-its related parts. I am just-to-myself-and-all-others. I-love-all. Love-is-just.*

6. **Justice to Self.** Both justice and charity "begin at home," but should not end there. Your nature justly demands perfect happiness, through the harmonious activity of your interior forces, and the normal and ultimately complete gratification of your every faculty. That is your birthright. Your mentality is your very life. These thought faculties, desires, etc., constitute your mentality. They were created for happiness instead of for misery. If they were incapable of being finally and rightfully gratified, life would necessarily end in abject misery, for these soul principles inherent in the power to think, are deathless. Justice to self necessarily includes justice to all others, for the true self is indissolubly related to all others. To be unjust to others, is an injust to yourself as it would be to lacerate your own flesh. You absolutely cannot change or cheat the laws of perfect justice which underlie your own constitution. God never plots against himself. His only method of punishment is the boomerang. His methods of reward are numberless and all related. You are unjust to others and to yourself, if you teach or permanently permit them to lean upon you, instead of upon the infinite law within. True justice demands that you gently but firmly teach them the divine lesson of self help. The Infinite law within is ever

saying: "*Come-unto-me-all-ye-that-labor-or-are-weary-and-heavy-laden-and-I———will-give-you-rest.*" *Rest-now-in-the-silent-harmony-of-that-blessed-interior-voice-and-promise.*

7. Judgment. That justice to self and sensitiveness to the interior law, which comes from within, is likewise the source of sound judgment. It is desirable that you should learn by practice and in silence, how to know from within. Until you do so learn, you will necessarily lean on others instead of upon the only reliable prop or law within yourself. God's method of manifestation is through individualism. The law of Love is but the law of self help, and is the only true means of obtaining individual happiness. It will not permit service to others, except in teaching them to follow the first commandment, to lean upon the God within. Its helps are withdrawn as fast as self-help becomes externally possible. Are you in the habit of promiscuously asking or following the careless and unscientific advice of others? You must in time awaken and follow the true interior inspirations and judgments. Get silent and then search out the strong and weak points in your methods of forming judgments. We become so accustomed to our errors and false methods of life, that we perhaps don't even try to turn on the search-light of our interior judgment, as the first step toward improvement. Hold the affirmation: *I-judge-and-know-from-within. I-use-every-faculty-and-power-in-my-judgment. I-live-from-the-higher-self. I-am-led-of-the-spirit-to-right-thoughts,-right-speech-and-right-actions.*

8. Perception. To "know from within" is to properly exercise the intuitive faculties of spiritual perception. To psychically perceive things from without, is to invert the proper action of those same spiritual faculties. There is where the line should be strictly drawn. Libra characters are very generously endowed with these wonderful percep-

tive faculties, but through ignorance are often the very ones to most outrageously infringe the true methods of using them. To so misuse them is to awaken extremes of feeling and also nature's self-acting penalties. The scales of Libra can become balanced in judgment and perception only when the central law within is found, or properly brought into action. This Libra month is a good time to become mechanically, mathematically and artistically correct in our use of the perceptive and intuitive faculties. In seeking these interior adjustments we are likely to awaken into more powerful action those Libra faculties which bring true inspiration and spiritual illumination. Practice this art in the silence. Hold the thought: *I-perceive-that-thought-method-which-illumines-my-life-with-wisdom,-power-and-Divine-Love. I-am Love. My-Love-is-power. I-attract-all-desirable-things. My own-will-come-to-me. Only-the-best-can-occur.*

9. **Reading Secret Thoughts.** Try to read your own most secret thoughts. They need the light. Face them squarely, that you may know what you are bringing into your external life, for perhaps it may not be all that you desire. If so you should not lose any time in replacing those secret causal thoughts with others which will build environments that are more to your liking. Many people seem to be afraid to be left alone. Afraid to have any inner life. They keep themselves on the outer rim of existance. They live in their surface vibrations, constantly fliting about like butterflies, and perhaps entirely unconscious of an inner life or of the real undercurrents of desire and thought, which if properly lived in, could bring so much success and real enjoyment. Silence and repose will greatly aid in bringing to the surface those interior occult powers, which, when used, are always productive of good results. When man once awakens to a comprehensive understanding of the science of life, he will use these Libra powers of penetra-

tion, not only with himself, but also in sympathetically and charitably judging by all acts, the motives and thoughts of others, thus getting a deeper and deeper insight into human nature and into that deepest of all studies—God, as manifested through man. Hold the thought of *introspection*, as a means of forming right purposes and of awakening those deeper undercurrents of thought which will thus send out the necessary occult forces to accomplish those purposes.

10. The Soul of Things is somewhat difficult to penetrate to, but we each should make the attempt. Repose and silence will help us to carry the thought consciousness to our own deeper soul principles. If to begin with we can thus get behind the scenes, it will then be comparatively easy to follow out the occult lines of force connection and consequently see things as they are. The soul loves to deal with such underlying realities. The general love of occultism is therefore an evidence of soul power and soul growth. When once we get a taste of the true inner consciousness, nothing less will again satisfy. When the soul once perceives its own inner treasures and life's underlying realities, the outward attitude toward life becomes forever changed. External things will take on new and higher meanings, because their inner realities are then perceived. Human and animal life, even in its lowest and most hideous forms, will be regarded with that reverence which is inspired by the perception of the interior soul qualities that endow it with infinite promise. This attitude of loving reverence eliminates hate, and compels us to regard the ignorant mistakes of all mankind with that spirit of universal charity which led the Christ to say, "Father forgive them for they know not what they do." In our silent meditations of today let us try to find that interior Christ principle or consciousness which is able to intercede with the Father, and thus cast out or forgive all of our past errors, that we may be

transformed into its Divine likeness both in thought and in act. In doing so, the affirmation: *I–and–the–Father–are–one*, may help us to reach the soul of this subject.

11. **Harmonial Emotion** is another name for that enthusiasm which means, "God with us." Why should we not always consciously have God with and within us? Is not the fact that we do, sufficient to inspire enthusiasm in doing His work? Then are not the occult practices which produce this result, well worthy of daily observance? They are scientific methods of devotion, which bring power and success, as well as the happy consciousness of enthusiasm. Universal experience teaches that success (and surely true and permanent success) is impossible, where this enthusiasm or interest in our work is lacking. Occultism teaches why. We cannot easily exert our greatest powers, except in line with our strongest tendencies; nor can we duly awaken the undercurrents of those tendencies, until through occultism and its practices, we find the Christ powers within and live closely in touch with the higher self. Harmonious emotion, or permanent enthusiasm, is impossible in any line of effort which is in opposition to natural universal laws and the deeper principles of man's permanent Being. The higher self is the source of life, power and enthusiasm. Happiness is a life giver, as well as the purpose of life. Seek it wisely and thus become proof against failure and disappointments. Hold the thought: *I–choose–and–follow–that–life–which–yields most–happiness–to–myself–and–all–others. I–awaken–enthusiasm by–scientific–occult–methods. Harmonial–emotion–comes–to–me–as–I–become–silent–and–reposefully–reach–my–higher–self.*

12. **Limitation.** We each should try to become experts in the control of nature's finer interior forces. We limit our possibilities of accomplishment to the degree that we fail in this. The universe is composed of force *only*, and the universal law of force is within ourselves, therefore we

can get command of the whole situation, only to the extent, that, through co-operation, we get conscious control of this causal interior law. The importance of devoting a portion of each day to the occult methods of power gaining should therefore be plainly self-evident. As we try today to come into oneness with the higher self, let us likewise try to obliterate our past boundary lines of limitation, that we may measure ourselves by the standards of inner power and more permanent Being, which through such realization thus become ours. As we awaken to our higher powers, we learn to know exactly what we can accomplish and how to go about it. So long as we set up the right interior causes, will we send out our occult forces and powers in ways which insure progress in the accomplishment of every rightful undertaking. Whatever is right is possible. Whatever ought to be, can be undertaken with the sure knowledge that the omnipotence of universal law is behind us, and to the extent that we perceive and apply it will we in time manifest it by the accomplishment of actual external results. Hold the thought: *All-power-is-mine-saith-the-Lord-or-higher-self. I will-become-Lord-of-my-external-self-and-of-my-environments.*

13. **Educated Approbativeness.** To desire the good opinion of others is natural and right. This desire, when properly educated, inspires efforts to attain and express those high soul qualities which command the love and reverence of all. Is your outward life in any way a sham or mere pretense? Do you perform monkey pranks for the gratification and approbation of ignorant persons who have but recently graduated from the school of monkeyhood? Do you pride yourself on your defects and thus cater to depraved or uneducated tastes? Does your life stand for its inherent or for previous stages of mere brute-hood? Although it may not be quite so bad as the latter, it is worth while to often review habits and principles of action, as a

means of self-improvement, in making those fine adjustments which better represent the laws of permanent Being. You cannot afford to aim at anything less than the best and highest. Hold the affirmation : *I-aspire-to-the-highest-attainments. I-demand-the-qualities-and-aims-which-invoke-those-sacred-blessings-and-words-of-the-Father-law-"This-is-my-beloved-Son-in-whom-I-am-well-pleased.*

14. Conventionality. Many of the conventional rules of our social life are founded upon sound basic principles as well as upon universal experience and therefore should be observed. There are perhaps but few persons however, who do not, in one way or another, unwisely surrender their native God-like independence, if not their moral principles, for the sake of catering to the various depraved tastes and customs, the ignorance and the traditions, the fancies and commercially engendered fads, of empty headed fops, both male and female, who consider their clothes or other material trappings better than themselves. Thoughtful people are sometimes led to wonder if it isn't almost true that the clothes etc., of such people are really the superior. Libra people are inclined to be rather too conventional, and as the Libra influences are now active, it may be well that we each take ourselves in hand in this one particular, for in such respects nearly "all are sinners." First concentrate and then reposefully consider your life and habits in regard to this question. See if there isn't room for improvement. Improvement begins in thought. Thought ripens into desire, purpose and achievement. It is wise to devote much time to silent thought concentration upon desirable qualities and powers, for in this way we are gradually moulding higher ideals which thus densify into objectivity. Hold the affirmation : *The-Infinite-law-or-higher-self-is-my-standard. I-act-from-it. I-discard-all-obstructions-to-my-progress. My-*

interior-tastes-are-holy. My-higher-self-is-perfect. I-am-God's-image,

15. Society and Solitude. Happy is he who, in society, can unobtrusively retain the independence to be gained in solitude. The interior adjustments and refined tinges of character obtained through thought-concentration or solitude, naturally lend the charm of a softening touch or influence, to the independence thereby gained. To thus awaken the interior magnetisms or Love forces of the higher self, is to become a social magnet of increased power. Love, happiness and organized forces attract their correspondences. Incessant bodily activities, whether in the rush of business or the whirl of society, necessarily dissipate and exhaust the forces, leaving the organism open to external attacks. It then attracts harmful and hateful psychic forces and force-currents, thereby engendering hate and a long train of repelling consequences, all of which defeat the very objects so ardently sought. If society people, business men and all others, could but duly comprehend and recognize these occult laws, and the efficacy of our esoteric practices, they would understand that time spent in daily thought concentration is most productive in external results. Hold the thought: *I-seek-silence,-solitude-and-thought-concentration-as-a-means-of-organizing-my-forces. I-am-my-higher-self.*

16. The Law of Demand. "The supply is always equal to the demand." Do you ask why? It is because all things or supplies are but force, and the one only law of force is within. The thought consciousness is its exclusive manifesting agent, or one and "only Son." Through demand or co-operation with this interior law of force, we come into oneness with it, or make the "atonement." It then becomes true of us that "I and the Father are one," and we are thereby enabled through thought, to consciously exercise its omnipotence. Demand is realization or spiritual un-

derstanding brought into action and finally into manifestation. "In the name" of this law, or by co-operation with it, we can demand or "ask whatsoever we will" and it will be given unto us. The first step is understanding, the next is a demand and the next is fulfillment. If we fail in underderstanding and faith, our demands are, to that extent, of the lips only. Words are inert until backed by the potency of thought. Teaching is the only true and permanent healing, for only the high conceptions of Truth are able to carry or manifest its omnipotence. Occultism is a religion of Truth, of worship and of Love. Its methods of worship, of asking, or of demanding, are imperative, because scientific. The affluence of Truth is our birthright, therefore to demand is our right, whenever we have conformed to the thought conditions of this our divine inheritance. Hold the affirmation: *I-demand-Infinite-wisdom. I-demand-perfection-power-Love-and-happiness.*

17. The Law Giver. Manifestation, though a transitory and ever changing illusion from the standpoint of the absolute, is nevertheless governed by definate, changeless and eternal principles. Truth itself is the law giver. A thinker is its negative or likeness, and thought is the force of which its ever changing pictures are composed. There are definite laws of thought through which any thinker can, by conforming to the occult or thought conditions, throw upon the camera of externality, any picture which he may desire to see. These pictures are for his amusement, but through ignorance he often experiments in the production of pictures which do not prove to be amusing. Every thought, being vibratory, has its corresponding form or picture, and it is through these pictures that man slowly but surely discovers his own nature and learns what pictures are always sufficient to amuse. He must in time deal with the underlying realities, even with the principles themselves, otherwise

he would continually blunder, make mistakes and go in the wrong direction. Since happiness is the object of life, we should learn and practice occultism, because it deals exclusively with principles and their applications, and places in our hands, instruments of thought, from which we can insure for ourselves that permanent happiness and power that is the natural result of living close to the heart of Being. Silent thought concentration is now able to lead to the true law giver within. Hold the affirmation: *I–control–my–thoughts–and–therefore–produce–pictures–or–material–results–to–my–liking. I–desire–and–demand–the–best–which–existance–is–able–to–rightfully–offer–me. I–demand–wisdom–to–perceive–it.*

18. Inverted Occultism. Discrimination is an important essential in the attainment of satisfactory results through thought concentration or occultism. Materialistic tendencies incline some beginners in the study, to voraciously devour the "carrion" of inverted occultism, or the psychic forces which surround us. That is what the true occultist tries to avoid. His Job-like patience is frequently taxed, in repeatedly explaining and emphasizing the occult lines of distinction which separate the true from the false, and particularly upon this one point of drawing upon the inner vibrations *only*. People say "Oh yes" I recognize the truth of your principles but *my* psychic "voice" is different; it is always pure high minded and spiritual as is shown by what it says to me etc., But what if it is, if in communicating with it you open the doors for the reception of less moral psychic forces, whose methods are too insidious to even be easily perceived. To open the intuitive or psychic doors to one external, however pure, is to pave and open the way for others. This alluring road leads sooner or later to destruction, or disorganization, and there is no way to prevent it except by avoiding the cause. Others will "crane the neck" and speak of "drawing on the universal," in a way which plainly indicates that they do not

yet fully realize that the universal is a *law within themselves* and that *their individual* universal, can be found *there-only*. Hold the affirmation: *The-Infinite-universal-law-is-within-me. My-higher-self-is-at-one-with-it. I-am-my-higher-self,-my-power to-think.*

19. Psychic Demons. The "Devil" of disorganization is ceaselessly active. It in time compels people to protect themselves by relying wholly upon the God within, whom to Love or worship in singleness of heart, is to fulfill the whole law, or first commandment, and thereby secure conscious "life eternal." Through occultism or thought concentration, this "Devil" becomes chained, but not permanently, so long as we have weak points. By attacking us at weak points, it gradually discloses to us the strength of that interior law on which we should rely. This monster of destruction (ignorance) gnaws at our very vitals during the almost endless period of our unconscious evolution, but a time comes in our soul-life when we begin to comprehend the importance of occult principles or self-knowledge, and then we make concentration, organization, or co-operation with the interior law, a part of our daily lives, so that in a measure, we understandingly protect ourselves. The "Devil" is that interior evolutionary principle which gives us the impulse to look without for our soul satisfactions. It is thus that we are led to desire consciousness and happiness and to express externally our soul potentialities. This tempter is therefore a very good fellow, though "he" must almost despise our weakness at times when we ignorantly forsake the Christ principle and God within, for a mere illusion of the senses. These illusions were originally caused by our "fall" or desire to "eat of the tree of knowledge" (of good and evil) and thereby contrast good with evil, or discover ourselves. *The-tree-of-life-is-within-me. The-Christ-spirit-or-comforter-is-within. "The-kingdom-of-heaven-(harmony)*

is–within–you," are affirmations which might be used in the silence to advantage.

20. Sex Excesses. As organized beings, we are representative of Love, through gender or sex. Vibration itself is but a manifestation of sex polarity. It is through vibration, or sex, that we become conscious beings. It is also through sex, that in our efforts to gratify the sense consciousness, we waste our forces, either through passion wastes and sex indulgences, or upon the psychic passional plane. Much of the novel reading of the day is the result of an effort to gratify the love faculty, but unless discrimination is used, is liable to degenerate into mere psychic sex-excesses. Sex love is of course a mental faculty, therefore to injudiciously excite this faculty of the mentality, through reading, thought, or otherwise, is sufficient to produce disorganizing wastes of vibratory power through sex. Physical wastes of sex force cannot occur in the absolute absence of mental activity upon the passion plane. Passion is violent in its activity and therefore too wasteful and disorganizing in its tendencies to be nature's *permanent* and *ultimate* method of fully satisfying the cravings of the human heart for Love. That must in time be answered from within the self, by coming into oneness with the Love law, which is both masculine and feminine, and is therefore capable of fulfillment from within itself. This is the ultimate toward which our habits should tend. As sex fluids are vibratory forces, it is manifestly important that they be conserved and transmuted. In "the day" or age that they are wasted, "thou shalt surely die." "The heel of the woman," or nature's negative principle, which polarizes back to Truth or first cause, shall finally "crush the serpents head" for tempting (through the senses) man into external methods of knowledge getting and its consequent illusions of manifestation. Thought control, through thought con-

centration or scientific devotion, is the only perfect method of entering conserving or organizing the sex energies. Hold the thought: *I–conserve–all–my–forces. I–use–them–for–the–good–of–all.*

21. Generation. Regeneration must inevitably follow the plane of generation. When, through occultism or thought concentration, perfect regeneration becomes a fact, the plane of generation will become unnecessary, because death will thus be replaced by perpetual youth. The grave must in time become thus cheated of its victims of lust and disorganization. When man learns how to live in perfect oneness with that deathless interior law of his life, he will necessarily so mass his forces as to become ever living, like the law itself. Here is the principle of power, of healing, of perpetual youth and of happiness. As man comes more and more into touch with the interior principle of Love, the cravings for love of both body and mind are harmoniously satisfied from within, by its vibrations of perfect Love. Violence or passion and the consequent wastes of force through reaction and depolarization, are then entirely unknown or absent, and life becomes as harmoniously blissful as is Love itself. Regeneration is a work of time, but we make progress toward it, to the extent that we progress in the occult art of thought concentration, and we should therefore make that a matter of daily effort and practice. As the mind becomes silent, hold the thought: *I–extract–from–the–plane–of–generation–all–that–is–best. I–thus–become–regenerate. I–am–Love. I–manifest–love–in–all–my–thoughts–and–acts.*

22. Fermentation. Flies, moths, lice, microbes, buzzards and all of nature's parasites and scavengers, have their important work to do. The old must be destroyed and cast out, before it can be replaced by the new and better. It is a law, that when a person or thing has *entirely* outlived its usefulness, it must necessarily cease to exist, for use deter-

mines the quality and existance of everything. A secret of long life is to become useful in the accomplishment of some important and wisely chosen purpose. The highest uses pertain to the promulgation and manifestation of Truth. Truth is an everlasting principle, therefore, other things being equal, by allying ourselves to some method of advancing its uses and cause, either as a business, or otherwise, is to add days and years to our lives, for we thus borrow of its life principle and higher uses. Inventors, ministers, writers and others who are fired with some great purpose that is closely related to Truth, as a rule, live to a very old age. It is wise to deal in staples and realities. Saloon keepers and others who constantly imbibe, or relate themselves to the fermentative principle in nature, are generally short lived, because they constantly subject themselves to the crucible of its destructive and disorganizing powers. Here is a principle worth thinking about, because it may lead to readjustments in your life. Hold the thought: *I–am–the–law–of–Truth. I–manifest–its–ever–living–powers.*

23. Secretiveness. Your life has its special and unique place in the mosaic of the universe. You therefore have some special work to do. You also have, or should have, some important plan and purpose, the fulfillment of which fairly fires your heart. You should, as a rule, keep this plan and even your purpose, to yourself, for if you tell it to anyone who is not in entire sympathy with it and with the mental tendencies and thought causes which led up to it, you will at once encounter the inertia of their disbelief. They are likely to "throw cold water" upon your plans and thereby cause you to lose something of your enthusiasm and power of faith. On the other hand, to tell a plan to those whose good will and entire sympathy you are absolutely sure of, is to add a new battery of force to your own thought powers in the work of its accomplishment. There is won-

derful power in silence. The law of all power is the absolute silence itself. If you are unduly secretive in any cunning or tricky sense of the word, you will thus retard the magnetisms of your body, your mentality and your thought powers, thereby causing disease and inharmony in both body and surroundings. You cannot afford to do this. Dishonesty is inconsistent with the universal laws and their creative "public policy," therefore it is impossible to practice or in any way manifest it, even in your secret thoughts, without thereby cheating yourself of rewards which necessarily accompanying knowledge of and obedience to these universal laws of justice and Love. These laws are absolute. Study them in the silence as a means of adjusting your life to their lovingly generous and just principles. Hold the thought: *I-hold-my-forces. I-respond-to-the-law-of-silence. I-am-led-of-the-spirit-to-right-thoughts,-speech-and-actions-at-the-right-time-and-place.*

24. Lies and Cunning breed disease and inharmony in body, mind and circumstances. They act in accordance with laws already explained. Who can even doubt the immutability of these laws? Are not their principles absolutely self-evident? It is impossible to cheat omniscience and omnipotence, and yet that must be done before dishonesty can become a match for unswerving honesty, or be made to pay even financially. The laws of thought are such, that its powers can be used with temporary external success (as success is ordinarily measured) even in a dishonest cause, but it carries with it horrible self-acting penalties, and is necessarily comparatively short lived, as universal experience, if known, would conclusively prove. The laws themselves are sufficient to prove this. To fully understand their construction, is to gain omnipotence as your ally, instead of having it as your antagonist. Hold the thought: *I-rely-wholly-upon-Truth's-omnipotent-realities. Truth-makes-me-*

free. Ignorance–is–bondage. Lies,–fear,–etc.,–are–its–illegitimate offspring–which–I–now–disown. I–hate–shams–and–lies.

25. Business-Getting Principles and Rules. 1st. Honesty pays. 2nd. Depend upon realities and Truth. 3rd. Your mentality and its powers is your main stock in trade. 4th. Choose a business which fits your inherent tendencies, for no other can command your permanent interests and your best thought powers, or even make you happy. 5th. Be just to yourself in order that you may be just and perhaps even generous to all others with whom you come in contact. 6th. Do not over-work or otherwise "kill the hen that lays the golden egg." 7th. Keep body and mind in perfect working order. 8th. Mentally concentrate your forces before undertaking any important task. 9th. Do but one thing at a time, for otherwise you would scatter your forces and unfit yourself for important work. "Whatever is worth doing is worth doing well." 10th. Thought carries with it the powers of vibration. Repetition of vibration is omnipotent. Your persistent purpose and will is constantly repeating the vibratory powers of its thought in the work of accomplishment. "Where there is a will there is a way." 11th. Spend a minute or more in silent thought concentration at frequent intervals during the day. Remember the powers of silence. 12th. Utilize the silence as a means of getting inspiration, renewed vibratory power and new ideas. 13th. Act from the higher self in all you do. 14th. Whenever you speak or act, reposefully use each faculty in measuring out, through intonation, inflections, qualities and otherwise, those finer artistic self-controlled touches of vibratory power which best represent the higher self in all its qualities and perfection. 15th. Use suitable mantrams, etc., just before retiring, so that you will be protected and strengthened during sleep, and so the subconscious mind will direct, emphasize and attract undercurrents of force which will increase your success.

16th. Constantly study and practice the principles and methods of occultism, as a means of power-gaining and self-improvement, as well as in their applications to business success. True success is based upon qualities and self-improvement. Use the silence today as a means of appropriating the esoteric significance of these rules, and particularly of those which relate most intimately to your individual needs. You could advantageously formulate them into affirmations.

26. Lemon Squeezers. Scorpio people and others, sometimes act as if they regarded all persons, things and events as objects to be mercilessly discarded like squeezed lemons, the moment they cease to be useful in contributing to an over-weaning selfishness and acquisitiveness. The Scorpio sting, though useful, is representative of a destructive element in nature, which must in time destroy or disintegrate itself, by becoming converted into new and higher uses. "He who lives by the sword must likewise die by the sword." The sword of Truth will inevitably transmute the Scorpio generative and reproductive forces within man, into regenerative life principles which are eternal. The sooner we undertake this regenerative work of conservation and transmutation, will we do away with the Scorpio sting of death and the consequent necessity of generation or reproduction. It is unnecessary and impossible to actually reproduce that which permanently is. Organization, force-massing, conservation, transmutation, regeneration, etc., are the Christ-like principles of eternal life and of its powers. The promise, hopes and possibilities of Scorpio natures, lie in their powers to conserve and transmute the reproductive or generative forces with which they are so liberally endowed. When they learn the great lesson of conserving and giving, in loving service, or of transmuting as well as of generating or receiving force, will they begin to fulfill the abundant promises of these endowedments. We all are in need of this lesson,

therefore let us concentrate and then study the principles involved, that we may formulate improved methods of applying them. Again hold the thought: *I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

27. **Destruction** is not confined to the physical world alone. It is of the thought world also. He who uses his thought forces in destructive ways, is the chief sufferer, because these forces are necessarily most destructive at their source within the self. Their vibrations exhaust themselves as they are sent out. True occult power is constructive rather than destructive. Occultism deals in the great affirmations of ever living principles and basic Truths, rather than with the mere negations of external manifestation. It carries us in the direction of causal laws and forces which are ever harmonious. Its methods and practices tend to carry the consciousness to the interior realm of nature's higher potencies. It is thus that we become endowed with the thought-power to accomplish every legitimate undertaking. We should hesitate to destroy the old, until we can replace it with something new and better. Our methods of destroying our errors and illusions, should be the constructive occult methods of knowledge-gaining, through which we adjust first the inner life, and then our outward conditions, more and more to the universal laws and principles of our permanent Being. We thus in time become at one with the interior law, which is God, and thereby bring to ourselves the illimitable bounties of its omnipotence. Let us try to do that now. Formulate for yourself, in the silence, an affirmation which best answers your individual needs.

28. **Unscientific Exactions.** We should freely accord to others the privileges, founded upon basic principles, which we rightfully demand for ourselves. We should not ask or expect perfection in the outward lives of others, so long as we ourselves are outwardly imperfect. Absolute perfection

is not of the physical world. The principles of physical manifestation are already and always perfect, therefore the outward imperfections of all mankind are only natural. All things natural are on the road to perfection and are sure to finally attain it, therefore we should regard them in the white light of that which they are potentially, and in the sure knowledge that when we become perfect, we will not see any imperfection in this great system of external or physical manifestation. "God is too pure to behold iniquity." When we become as pure, will be time enough to "sit in judgment" upon the shortcomings of others. Our real work is within ourselves. It is to awaken to higher standards of purity. "To the pure all things are pure" and "Evil to him that evil thinketh" are proverbs founded upon these laws. To see evil, is to manifest an evil eye. The real I, (or eye) is perfect and is ever willing to forgive all, at all times and for all offenses. *All-bondage-mistakes-evil-and-shortcomings-are-but-consequences-of-ignorance*, is an affirmation which naturally leads to the Christ spirit which said, "*Father-forgive-them-for-they-know-not-what-they-do.*"

29. Anger Hatred and Malice are powers of destruction which exercise their greatest effectiveness within the thought organism, or mentality, which thus perverts its executive faculties. "When angry, count ten before you speak, and if very angry, count one-hundred, is a simple and useful Jeffersonian rule for the attainment of better self-control. If you wish to develop your occult powers of mind, you must rule out anger, hatred and malice from your thought activities. But little can be accomplished until you attain that much thought control. Would you become angry if you did not fear that something or somebody would injure or cheat you by depriving you of some satisfaction? Then do you fear? Are you a moral coward? Are you ignorant or distrustful of that interior universal law which is amply able

to care for its every product? These perversions of your faculties are unworthy of your God-hood. They are inconsistent with a sound philosophy of life. You can and must overcome them. Occult knowledge inspires Love and thus "casts out fear" by overcoming the ignorance which causes it. Your anger but displays your ignorance, your fear, your childish lack of self control and of that thought control through which occult power becomes possible. Silently think of how in this and other ways, you have outrageously cheated yourself. Thus you may awaken the deep desire to overcome ignorance, fear, anger, hatred, malice and their consequences. You must have such desires before you can make much progress in overcoming your defects. Desire inevitably carries you to the things permanently desired. Hold the thought: *I desire perfect self-control. I overcome ignorance, fear, anger, hatred and malice, through knowledge of that law of Love which I am. I love all persons and things. My Love casts out fear.*

30. Jealousy and Revenge. When uninstructed Love is turned to the bitter gall of jealousy, through the fear that it will lose some coveted satisfaction, it is liable to express itself in a malignant and self-destructive form of revenge. How painfully grotesque that a quality so exalted and pure, should ignorantly condescend to add power to its very antipodes. True Love instinctively seeks to endow its object with the blessing of liberty and happiness, rather than to enslave it with the bondage of mere ownership. The soul is too large to be permanently enslaved, and as it discovers itself, will lose all desire to enslave or own others.

Let us utilize our silent meditations of today in the work of more thoroughly freeing ourselves from the ignorance which is capable of fearing that others can take from us that which is truly or rightfully ours. There is no companionship or material thing that can become ours, until we are

able to appropriate it by gaining the knowledge which gives us power over it, and when that is done, no power in heaven or in earth can permanently take it from us. It is necessarily ours so long as we desire or love it. Love should be satisfied in the giving, asking not that its affection be reciprocated. Love inspires Love. It is a vibratory force which permeates and thus takes possession of its objects. Hold the thought: *I-am-that-perfect-law-of-Love-which-is-all,-all,—all.*

31. **Retrospective and Prospective.** A glance at your past noon-hour experiences in the work of thought concentration, should be sufficient to yield some hint or clue, that could be made useful for the coming month, in more thoroughly applying the true methods and principles of occultism. There is everything to be gained by these methods and practices. The work of becoming efficient in them, may be slow and at times uninteresting, but it should be persevered in to the end, for it is worthy of whatever effort it may cost. One of the main things is to persist in the purpose. The practice should be made restful and attractive. If, at times, it becomes laborious, you may know that your methods are wrong. At such times, you should simply wait in a calm and reposeful frame of mind. Occult powers sometimes come in the twinkling of an eye and as a result of waiting. The great art is to be able to throw yourself into the right mood.

Concentration Methods and Helps.

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1. **The Silence of Devotion** offers ever available and almost unlimited opportunities for awakening to those higher conceptions of Truth and to the importance of occult and scientific devotional methods, through which the higher potencies and possibilities of Truth become manifest in the individual life and its surroundings. If this were not so, the first commandment of devotion to that interior omnipotent law, which is God—the Infinite, would hardly have been given. Who can fully comprehend the meaning of those words, "*Be-still-and-know-that-I-am-God.*"? Let us see to what extent we can comprehend and bring them home to ourselves, during our noon hour devotions of today. Let us try to better understand their ultimate relation to the occult principles and devotional methods of thought-concentration. Infinite law itself is the only absolute silence. All else is change, activity, vibration, sound, noise, bondage and limitation. The silence of devotion is but an approach to it, but is ever helpful in awakening its higher and still higher potencies. The changeless silent power of "Truth shall make you free," but only when put into practice through scientific, silent devotion, therefore if you would obtain unlimited occult powers, you must first obtain a comprehensive working knowledge of occult science.

2. **Deep Waters** generally run still. Noise, discord and aproar are indications of the absence of *power*. Omnipotence itself is absolutely silent—the only absolute silence. The

law of vibration is that great central, synthetic Truth of silence. Its workings become silent to us, to the degree that the thought-consciousness reaches its higher potencies. Silent thought concentration,, is the true occult method of reaching, awakening and of then expressing the more powerful potencies of the higher self. So long as the thought consciousness remains in the surface vibrations of noise, discord and externality, will it be unable to adequately express the higher meanings and powers of its life. A thinker is the only manifesting agent of vibratory law or Truth, therefore you must think clearly, powerfully and from within, if you would externalize in your environments your inherent soul potencies. No one can permanently stand in the way of your perfect success, when you but learn and fully apply the vibratory principles and occult methods involved. Learn to think and know from within. Learn the art of silencing the external senses, that you may, at will, polarize to that silent unfathomable ocean of Truth which lies at the center of your soul-life or interior Being. This is but a process of occultism or of silent thought concentration. Hold the affirmation: *I–AM.*

3. Hidden Fires. Vibration is life, heat and power. Learn its law, as a means of awakening the hidden love fires of your heart, and of satisfying their affectional cravings from within yourself. External companionships will never entirely satisfy until you have thus become practically independent of their necessity. You are hardly fit for true soul companionship until you have become independent of its necessity. Until then, your love is almost sure to desire and exact the bondage of possession and ownership. True Love is a universal principal and all-inclusive law, which seeks only to give of itself, as a means of yielding happiness to the individual consciousness. It asks nothing in return, because there is nothing external to itself, or that it cannot

command by thus giving of itself. "Give and ye shall receive." Give love and you will get love in return. Give that love which is tinctured too much with the individualistic desire for selfish possession and you will, sooner or later, awaken into almost necessary activity, the same narrowly selfish self-protecting quality of Love, thereby cheating yourself of the perfect quality which alone can fully satisfy the soul. Give physical love *only*, and you will, through wastes, depolarize your forces and thereby become temporarily incapable of feeling the joy of that love which is of mind, soul and spirit' Hold the thought: *I-awaken-Love's-hidden interior-fires. I-attract-perfect-companionship-by-thus-becoming independent-of-its-necessity. I-satisfy-my-heart's-cravings-by-communion-with-that-interior-law-which-is—Love.*

4. Magnetic Power. Love is the vibratory essence of power. A thinker is the organism through which it acts and manifests. The purpose of Love is to give individual happiness to that thinker and thus express the great everlasting aggregate of Truth which lies inherent within itself· Love is God. A thinker is its only child. The multitudinous thought organisms, individuals, or personalities, which from time to time become representative of the soul-life or evolutionary progress in wisdom-getting of that thinker or power to think, are the grand-children of Love. Their every step in wisdom-getting gives its flush of happiness, not only to themselves, but also to that original thinker or thought organism of Love which lies at the center of all Being. Each of these grand-children must, in time, experience the perfect bliss and ultimate of omnipotent wisdom and Love. We experience happiness to the degree that we love according to the law of Love. We become magnets of wisdom, power, goodness and happiness to the extent that our devotional methods are scientific. As we learn this great science of Love we will be able to attract to ourselves and from

within ourselves, all that the heart of Being is capable of desiring or of comprehending. It must come to the interior consciousness before it can become expressed in our external environments. Hold the thought: *How-can-I-attract-that-which-would-best-satisfy-my-soul? I-demand-knowledge,—wisdom-and-the-power-of-Love. I-am-Love.*

5. Coolness and Self-poise. The art of thorough self-possession is worth learning. It implies that command of the faculties and forces which comes through a specific knowledge of what the self truly is, and its relations to the causal law of force, as well as to external objects. Perhaps the most important question which each individual can ask is, how can I best understand, cultivate and employ my faculties and forces in answering the purposes of my constitution and my existance, or the general needs of myself and others? To properly answer this great question involves a comprehensive knowledge and understanding of the general workings of the whole universal system of creation, for how can we make these fine adjustments, until we understand ourselves and our relations to first cause and to external objects. Fortunately the universal creative evolutionary law of force is now understood, and so clearly that the narrow way of attainment and progress is made perfectly clear, at least as to essentials. Let us utilize thought concentration now, as a means of massing the interior forces, or of uniting with the higher self and its harmonious potencies. Hold the affirmation: *I-am-my-higher-self,-my-power-to-think. I now-feel-its-sacred-presence. I-will-manifest-its-potencies.* Repeat the above very slowly several times and thus get the forces steady and silent.

6. Mental Medicine and Surgery. The time will come, when even the most difficult surgical operations will be performed by the power of thought. The vibratory law involved, has already been demonstrated in such cases. Vibration is

the essence of all external things. A thinker, or thought organism, is the only primary instrument of vibration. Vibratory forces and force currents are always subject to a trained and instructed will, therefore an instructed thought organism is the true surgical instrument for any and all cases; but we are "fearfully and wonderfully made," and a thorough knowledge of Truth's interior methods of manifesting through the human organism, is necessary, before *perfect* work in healing and surgery can be *uniformly* done. True healing necessarily means teaching, for until the spiritual thought laws of life are known and understandingly observed, a tendency which has once functioned as disease, will, sooner or later, again assert itself in diseased or inharmonious physical conditions, though perhaps in a slightly different form. Scorpio natures incline to the practice of medicine and surgery, but would be even more successful if they would study the human organism in its higher spiritual vibratory aspects. As a means of now restoring greater harmony to your faculties aud forces, silently and reposefully concentrate upon the affirmation: *I-am-my-higher-self. Its-vibratory-forces-are-always-harmonious. I-restore-order-among-my-faculties-and-forces-by-attaching-my-thought-consciousness-to-the-higher-self. I-now-receive-an-all-sufficient-influx-of-its-harmonious-forees. I-am-at-peace-with-all-persons-and-things.*

7. Tenacity. The natural tenacity of Scorpio persons, is inclined to be slightly destructive or scorpion-like in its tendencies. Their strong magnetic forces, unless modified by other conditions, are also destructively inclined. When a predominant, narrow and uninstructed selfishness is added, they discard persons and even friendships, as they would squeezed lemons, so soon as they have no further use for them. But that represents the nature only in its lower forms. All this natural power can and should be offered

on the altar of nature's higher human and spiritual uses. Then this very tenacity and destructiveness becomes but executive force, thoroughness and efficiency in service to mankind. This nature then no longer destroys life, even in its lower forms, for the mere sake of gratifying and feeding a predominant destructive faculty, but perhaps extracts teeth, or performs other difficult surgical operations, which, though temporarily painful, are for the benevolent purpose of saving life and pain, instead of causing it. Nature's uses are so varied that useful occupations can and should be scientifically chosen with reference to the individual tendencies and cultivation of every temperament. The twelve Zodiacal signs each have their corresponding types in human character, all of which are equally desirable, important and necessary in making up the great aggregate or mosaic of the manifested universe. Hold the affirmation: *I-convert-my-talents,-tendencies and-forces-to-their-highest-uses. But—how?* You will in time get the proper answer.

8. Dictation. We are endowed, at least latently, with all the attributes and qualities of the Divinity or of Infinite law. It is through these endowments, or faculties of the mentality, that we are able to comprehend and worship the Divinity. In worshiping it, we are but bringing our higher selves into manifestation. Through worship or thought concentration, we must, in time, bring into full manifestation, all the qualities, attributes, perfections and powers of the God-hood. It is proper that "I the imperfect" should thus "worship my own perfect." To the extent that we comprehend the existance of Divine qualities within ourselves, will we likewise understand that they are inherent in all, and from worshiping them within ourselves, will we gradually learn to serve and worship them in all. In that way we may become true leaders in doing the *real* work of the world. We will thus lead ourselves and others into the higher life. We can es-

teem ourselves wrongfully, but not too highly. As we learn the thought-laws which govern human existance, including our true relations to others, to the external world and to creative law, we will not degrade our qualities of leadership by trying to hypnotically dictate what others shall do. We will then be content to act as servants of the Most High. The Scorpio tendency to be over-bearing and dictatorial, may thus become transformed into strength of will, executive force and power to lead self and others to that final goal of omnipotent perfection which all must in time reach. Hold the thought: *I-am-led-of-the-spirit. I-follow-the-leadership-of-my-higher-self. In-thus-commanding-my-own-spiritual-forces-I-gain-loving-dominion-over-all-things.*

9. Shrewdness. The Scorpio brain faculty of "secretiveness," which in undeveloped natures and when combined in its action with certain other faculties of the lower brain, often prides itself upon its low, malign, selfish and cunning efforts to "lead people around by the nose" is capable of becoming an important factor in the work of self-improvement or spiritual evolution. Each faculty was given us for use, and cannot be entirely dispensed with at any stage on the evolutionary road. Esoteric students are sometimes slow to learn that fact. The secretive faculty intensifies the desire to unravel unknown mysteries, and is therefore capable of adding depth, penetration and effectiveness to the search for knowledge. It fairly revels in the profound mysteries of occultism, and as the secret workings of nature are perceived, gradually becomes willing and anxious to dedicate its powers to self-improvement and to the service of mankind. As Scorpio persons generally have well developed generative powers, and deeply seated occult tendencies, their possibilities of utilizing the occult philosophy in regenerative ways, are therefore very great. When they learn that conservation, transmutation and regeneration

through the knowledge and methods offered by occultism, affords them the only true means of developing their splendid natural powers, their strong selfish instincts then become arrayed on the side of the universal laws of justice and Love, thereby placing within their reach the limitless powers and possibilities of Truth and Right. Hold the affirmation: *I–dedicate–my–talents–to–the–work–of–self-improvement–and–to–the–service–of–mankind.*

10. Flattery. Scorpio natures are rather too susceptible to flattery and are also capable of using it with considerable effectiveness. The approbative faculty which is thus wrongfully appealed to, perhaps for low or unjust purposes, is likewise capable of stimulating the very best faculties within man. It is largely through the thought powers of aspiration, that we become what we wish to be. We are ever drifting toward our ideals. Through scientific self-knowledge, we learn to measure ourselves for what we are and thereby become impervious to the deceptions of flatterers, and able to penetrate to the motives which inspired their unmeant words. Sensitively organized persons, who understand themselves, instinctively shrink from the indiscriminate and uncandid praises of pretended friends. Unmeant compliments or expressions of affection, lash them up one side and down the other. The Approbative faculty is feminine in quality, but its perversion is common to both men and women. Many of woman's virtues, as well as her vices, spring from it. Both man and woman have a work to do in overcoming the self-ignorance and wrong standards of life, which inspire the abuse of the approbative faculty and make them the dupes of flatterers. Let us now silently concentrate upon this subject, as a means of readjusting our lives in these respects. Then try to live from the higher self, and thereby overcome such defects for at least one day. Hold the thought: *I–am–my–higher–self. No–one–can–think–too–highly–*

of-me. I-cannot-be-flattered. I-forgive-all-efforts-to-do-so. By-my-efforts-I-will-externalize-the-inherent-truth-of-the-highest-compliments-that-could-be-paid-me. I-perceive-the-higher-selves-of-all-persons. I-thus-help-to-bring-them-into-manifestation. I-see-and-speak-the-truth-only.

11. **Conceit—Bragging.** Self-trust is a most important quality which should be constantly cultivated through praise of and communion with that interior law which is the higher self, and which is at one with all universal manifestation—its products. When it thus learns to regard all things as its products, or at one with itself, the result may be a desire for dominion over them, but it will be a loving and rightful dominion, and for the purpose of serving them instead of being merely served by them. Self-trust is a safe quality when thus tempered by Love. It becomes obnoxious and offensive only when not properly educated or balanced by sound sense. Exhibitions of conceit in others, are liable to overshadow the real virtues which perhaps underlie it, and should cause us to aspire to meekness of spirit. The mere words conceit and bragging, are almost sufficient to cause a shudder, but let us not be too hasty in condemning them. Remember they are on the line of self-improvement and are therefore excusable. The rough knocks of the world will in time properly temper the splendid qualities which lead to even the most ridiculous exhibitions of self-conceit. Our own silent efforts today should be to reposefully formulate higher and more perfect standards of life in these respects. We cannot esteem ourselves too highly. We necessarily drift toward our highest standards of life, and the chief virtue in thought concentration is that it intensifies and more clearly defines these ideals, thus sending out thought currents which will make our drifting more rapid and un-erring. Hold the thought: *I-am-my-higher-self. All-power-is-mine. All-*

things-are-related-to-me. I-glory-in-the-unity-of-all-life. I am-one-with-creative-law.

12. **Vanity and Recklessness** are qualities which sometimes belong to Scorpio characters. "Approbativeness" intensifies the desire for show, and "destructiveness" the inclination to be over-executive, even to the point of recklessness. Anger is one resultant of perverted "destructiveness." It sows discordant vibratory forces throughout the bodily organism and therefore leads toward disease and death. So also does every imperfection of character. All the faculties are good if normal and unperverted in their action. To dispense, even temporarily, with a single faculty, would produce imperfection, by interfering with the consequent magnetisms of the body. Every force we possess, is generated directly or indirectly through the mentality, for the power to think, or mentality, is the soul principle. Scorpio recklessness and vanity, generally expresses some perversion of the sex functions, because Scorpio is representative of the reproductive nature or amative faculty. These sex perversions, or wastes of sex force, rob the organization of its vibratory power, and when its natural consequences of anger, recklessness, etc., are added, so retards and interferes with the magnetisms of the body that heart disease, etc., is the result,——heart disease because the heart is the bodily correspondence of the Scorpio amativeness. When the sex forces are conserved and transmuted through regeneration or occultism, the Scorpio nature is then unusually powerful, because it generates sex vibrations with unusual rapidity. In every case, our points of weakness may be thus converted into points of strength, providing we will obtain and apply the requisite self-knowledge. Your points of vanity, of recklessness, of weakness and of strength, may originate at some other source. Deal with them now in the silence that they all may become points of strength. Hold

the thought: *I–demand–self–knowledge–and–perfection–of–character.*

13. Subtlety. The faculties must combine and be backed by a great deal of forcefulness, penetration and incisiveness, to be able to perceive some of the deeper meanings of the occult philosophy and to understand the general construction of evolutionary law as manifested in the constitution of man and otherwise. Some of the most apparent esoteric truths, are blindly discarded in the mad search for them. Students continually clamor for something esoteric, and seem incapable of understanding that thought concentration leads the way, in the right direction, not to the jungles of Hymalaya, but to the source of all esotericism within themselves. How many there are who have eyes, and yet see not? Nor can they see or find that esotericism which they so ardently seek, until they observe those simple occult practices which inevitably lead to God, or Divine law within. Scorpio natures as a rule are subtle. Their forces are generally pretty well polarized to the interior self: or they at least have unusual power to so polarize them, and to gain through thought concentration. As they persist in this practice of thought concentration, their deep natures will be at length wonderstruck and gratified, almost to the point of ecstacy, by the subtleties of an interior law from which the whole universe is constructed. Then they will understand and be able to wield, their own splendid powers. Hold the thought: *I–now–polarize–my–forces–to–the–higher–self. I–perceive–subtleties–of–construction–which–I–will–utilize–in–my–daily–life.*

14. Stings and Stinging. Soft beds are sometimes easy to get smothered in. Nature's kindly prods and pokes are necessary as a means of keeping us more nearly in line with universal law. They have their important place. The human soul cannot be stung beyond that which it is able to bear. The ability to feel a sting, arises from the latent

slowly accumulated vibratory forces or brain cells which are also capable of successfully combating or rising above it. Why should we fear nature's savage vibratory elements, when we ourselves are made up of those same elements. Much time is needlessly spent in whining, or in deploring the necessary experiences of a kindly fate. If unpleasant events and experiences come to us, we may know to a certainty, that we are in need of their lessons. They will benevolently stay by us, until we learn their lessons and thereby rise above the need of them. The soul is unconquerable. Its natural attitude is one of peaceful warfare for the right. Let us say to the elements and elemental forces: *Come-on-and-do-your worst. I-am-ready-for-you. My-soul-is-unconquerable. I-am founded-on-the-rock-of-universal-law. I-love-the-right. I-live-from-my-higher-self. There-is-nothing-to-fear. Nothing-that-can-harm-me-or-cheat-me-of-my-life,-my-strength-and-my-happiness. God-is-my-life. God-is-within-me. I-am-the law-of-everlasting-life.*

15. Passion and Procreation. The violence of passion naturally leads to wastes of force and the sting of depolarization. The sex forces should be used for purposes of procreation *only*. The weakness of the Scorpio nature, consists largely in its tendency to waste these reproductive forces. Its strength consists in its basic power to thus generate, conserve and transmute these forces. This becomes possible through the intelligent practice of the force-massing laws of thought. Force-massing is character-building, and that should be made the main business of life. Passion is violent and therefore force-wasting, instead of force-massing. It leads to death and to a depletion of the natural powers. Scorpio natures will avoid that, as a matter of self-defense, when the law is understood, for they instinctively shrink from being cheated. To what extent, if any, are you thus cheating yourself now? Do you not waste the sex forces?

Are you free, even from the involuntary wastes which result from the harmful nocturnal action of psychic forces? Do you ever dream? Then you have not yet gained absolute thought-control and are in need of thought concentration. Use the following affirmation now and also just before retiring, viz: *I-put-myself-in-the-keeping-of-my-higher-self. Its-Love-forces-will-flow-to-me-while-I-sleep. I-am-Love. I-love-all-things. I-conserve-all-of-my-forces. I-devote-them-to-the-good-of-all. I-rest-in-harmony,-peace-and-Love.*

16. **Lust** sows discordant vibratory forces throughout the body. These low vibrations or retarded motions, clog the system and lead to disease, unhappiness and death. The force centers thereby become repeatedly depolarized, therefore lowered in tone and incapable of proper self-protection. Passion gives deceptive promises of happiness which necessarily end in disappointment, as it acts as an enemy to the life. Self-preservation and order are the first laws of life, which nothing can permanently oppose with success. All happiness and power is derived through vibration. The conserved harmony of these interior forces, turns on its pressure of power, which is almost necessarily accompanied by pleasurable sensations, sometimes to the point of ecstacy. Your consciousness is your only source of happiness. Keep that in a harmonious condition and happiness is necessarily yours. So also is the power to harmonize your external conditions; but whether harmonious or not, they will then have little, if any power to bring you misery. Lust at best could promise nothing except a fleeting vibratory sensation of pleasure, but it depletes the force-centers, sows vibratory seeds of discord and cheats you of permanent pleasures, which might otherwise be yours. Are you a victim of this thieving "devil" of deception? No? Not even on the psychic plane? Then be thankful, but note well what is said

under number 17. Hold the thought: *I-love. My-love-is-pure. I-seek-knowledge-concerning-its-perfect-law.*

17. Amativeness is a word that easily and needlessly scares people. This faculty, with the possible exception of alimentiveness, is the one most easily and universally perverted. It cannot and should not be entirely "squelched," or eradicated from the mentality. It is invaluable as a sleep producer, because sleep is a process of concentrating, or of reorganizing the forces tbrough gender. This faculty is representative of gender. Nearly all the brain action during sleep is through this faculty, as all physiologists will agree. If the faculty is not properly cultivated, the sleep will be unsound, which implies dreaming or drifting into the astral, and a consequent depletion of the forces. Sound sleep is exceedingly important. The mantrams or affirmations which are used on retiring, should be chosen with reference to this faculty, so that its harmonious, but not violent action can be insured. Muscle and brain producing foods for suppers should be avoided, for they cause brain activity, twitching or activity of the muscles and therefore sleeplessness. It is not meant, however, that the system should be overloaded at supper with carbonaceous foods, but simply that they should be taken for supper, rather than at breakfast or dinner. You have a certain amount of sex force, and the power to constantly generate it, at your disposal. You cannot afford to waste it on either the physical or psychic planes. Your power, success and happiness depend upon its conservation and transmutation. You need more specific knowledge concerning the action of this amative faculty, than can be given or hardly hinted at, in this limited space. Try at least to perceive, in the silence, the leading principles involved, so you will understand the importance of that self-knowledge and thought control, which converts the slave into a master.

Hold the thought: *I–master–myself. I–conserve–all–my–forces. I–transmute–them–into–life–results.*

18. Indolence is not in the order of nature. All life is activity—motion—vibration. Its object is happiness to the individual consciousness. Things are valuable and useful, to the degree that they contribute to that end. They contribute to that end only to the degree that they mass force harmoniously. That is but another name for character-building and is used in its stead as a means of avoiding the heart sickening loads of preachy, preachy, platitudes which have become attached to the name. Every organism is but a mass of force. Force-massing, individualism, or organism building, belongs to the scientific realm of vibratory law. It alone can teach the scientific laws of perfect happiness. Excessive external activities are a species of indolence, in that they tend to shut off the real interior organism-building activities. There is a silence of lethargy and indolence, but the true silence of thought concentration, awakens the interiors of every faculty to a high condition of activity, enjoyment and power. As a means of understandingly awakening that condition today, hold the thought: *I–quiet–my–senses–and–draw–nearer—nearer——nearer——to–that–interior–heaven–of–power–where–activity–is–involutionary–and–therefore–restful. I–rest–in–the–harmony–of–its–perfect–peace. I–energize my–whole–Being–with–its–sacred–holiness–and–powers.*

19. Procrastination. He who first awakens from the lethargy of a soul-sleep, sufficiently to make a searching self-examination, generally finds that his "Life is but a bundle of habits" and partially erroneous opinions or traditions, imbibed perhaps without thought from others, and that he has traitorously failed to duly exercise his God given power to think. Does this apply to you? Do you understand the principles of life? Why not? Have you clearly defined purposes in life? Why not? Are your purposes and methods

of life founded upon sound basic principles? Why not? Do you understand just how to accomplish your purposes in life? Why not? Are you sure you will accomplish them? Why not? Do you know exactly how to cultivate or manufacture the talents which you are perhaps lacking? Why not? Do you know how to make the most of your talents? Why not? Are you not responsible for their proper use? Are you not the main sufferer if you fail to understand, develop and properly use them? Do you enjoy suffering? Then procrastinate no longer. There is a law of life which it is your privilege to learn and obey. Its unlimited rewards are yours to the extent that you understandingly obey it. Which will you do, learn and obey, or suffer? Answer for yourself in the silence. Hold the affirmation: *Infinite-law-is-my-life. I-will-learn-and-obey-its-principles. I-will-utilize-every help-which-I-can-obtain. I-seek-knowledge,-wisdom,-power-and-happiness.*

20. **Regeneration** is commonly regarded as only an act of faith in an external Jesus Christ, but is really a scientific knowledge of and obedience to all the laws of life. We each must in time become regenerate, and it can only be done by conforming to the true principles of life, or of becoming at one with that interior law which is life. We each must make that atonement or at-one-ment with that Father principle or law. All is force. There is a scientific method of generating force. A thought organism is necessarily a force generator. Its inherent desires are necessarily polarized toward that self-knowledge, which through conscious obedience to the interior law of force, inevitably results in the external manifestation of all the potencies which are inherent within that law—viz, the omnipotence of Truth. That is re-generation. The ability to thus re-generate our forces, enables us to over-come the necessity of physical death, or re-birth, but it is a matter of scientific and applied

knowledge rather than of mere faith "*The-Truth-shall-make-me-free.*" Through knowledge each soul will finally overcome that last great enemy death. Hold the thought: *I-conserve,-or-mass,-instead-of-waste-my-forces. I-am-re-geuerate. I-worship-God-scientifically. The-Christ-spirit-within-me-is-my-life-and-my-Savior. I-seek-Heaven,-the-Christ,-God,-or-Infinite-law,-from-within-my-higher-self. I-AM-that-I-AM.*

21. **Conservation.** Vibration and consciousness are inseparable, for wherever there is vibration or manifested life, there is an organism—a thought organism—the power to think—consciousness. The lowest forms of organic life necessarily have a species of consciousness. That consciousness enlarges its capacity for happiness, or misery, as the organism is gradually improved, until in man its possibilities of happiness are almost unlimited. As he passes from the plane of semi-conscious growth, he can, by an instructed method of voluntary thought, become entirely and permanently free from pain and sorrow, and by the same process multiply his capacity for enjoyment. This method of occultism is worth learning. One of its principles is that all happiness is derived from the consciousness, through harmonious vibration, and from within, instead of from external things. All misery is but the result of discordant vibrations within that same consciousness, and is caused by ignorance and a consequent depletion of the forces. If you would be uniformly happy, you must learn to conserve and mass the forces, instead of depleting them. You should conserve the sex or generative forces, not only by abstaining from useless sex indulgences, but also by gaining that thought control which enables you to free yourself from harmful external parasites, psychic forces and force-currents. Thought concentration is a process of force-massing which should be used now and habitually. Hold the thought: *I-am-the-law*

of-force. I-will-understand-that-law,-thus-discover-my-powers and-conserve-my-forces.

22. Transmutation and conservation should go hand in hand. Do not say, "I already have too much sex force, I find it impossible to conserve and transmute it." What, impossible? Does that word belong to the thought dictionary of the Infinite law which is your life? No, for that law is omnipotent. You perhaps can't at once do things which you don't really wan't to do. The first point is to fully comprehend their importance and necessity from the standpoint of your own individual happiness, for that will awaken a sincere desire. Then as you make the most of the opportunities already at your command, the way will at length open. It is a way of knowledge. Occultism teaches it. Exercise your determination in the matter of learning and obeying the occult principles involved. Determine to abstain from useless wastes of force. Determine to acquire thought control. Persistently practice thought concentration as a means of gaining thought control. This devotional practice opens the way to a higher understanding of basic occult principles. An intellectual understanding of the cold philosophy, is of course necessary, but it also requires its application through scientific devotion, to build it into the soul consciousness as a consuming flame of Divine Love. Methods are of little individual help until they are applied. If while in the early stages of conservation, you find the sex forces stronger than you can command, then take vigorous physical exercise as a means of gaining thorough self-control. Platonic association with the opposite sex is also a safeguard. Hold the thought: *I-will-make-the-most-of-my-forces. I-am-regenerate. I-conserve-all-my-forces. I-use-them-for-the-good-of-all.*

23. Manifestation. The mind is the measure of the man. The measure of the mind is its ability to externally manifest its inherent potencies, or the Love and Truth for

which it stands. The law of vibration is the one synthetic Truth, which, in its unity, represents the whole great aggregate of universal Truth called God. The unity of all Truth implies this possibility and necessity, therefore this great law is the great I AM, or God of the universe and of man. It is within, and personal to each individual. To manifest its omnipotence and thereby derive individual happiness, is the sole object of life, therefore to learn and obey its divine principles is of transcendent importance. Your power to think is your soul principle. It is derived from this interior law. It is indissolubly attached to it. The attachment becomes closer, as through the involution of silent thought concentration, you inwardly breathe its life essences or forces. They spring into being to the extent that you thus co-operate with their law, imbibe their vibratory potencies and then express their divine purposes of loving helpfulness to all. Be silent now and breathe, silently,—still more silently and reposefully——breathe this elixir of life. Hold the life forces steady and try to feel the harmonious sensations of the nervous system. God is in the silence. God is the only absolute and changeless silence, for where there is activity, vibration and change, there is necessarily sound. Hold the affirmation: *I-am-the-law-of-silence.*

24. **Evolution** is the resultant of a development, through man, of God's divine image. Man watches this holy spectacle from the indifferent and ever-changing standpoint of his growing consciousness, until finally he discovers that it is all the handiwork of his own higher self, and that he (the thought organism) is the central figure in it all, or the "only son" and manifesting agent of the Divine evolutionary law. What a hopefully precious responsibility the power to think involves. Through the power of thought, we make our beds, and we then must lie in them, until through self-discovery and the use of our thought powers, we understandingly

master our forces and consciously co-operate with the law, in the fulfillment of its happiness giving purposes. Are you merely drifting along the evolutionary road of semi-consciousness? Then the rough corners of nature's savage individualistic elements will goad you, until you wake up and exercise your own law of individualism. You will suffer such prods and pokes, until you learn to exercise it, and in harmony with the universal laws of Love. The inherent tendencies of your soul principle, or permanent thought organism, will, in time, compel you to fulfill their divinely altruistic purposes. As you persist in the practice of thought concentration in connection with these subjects, you will at length find the one practice which best answers your needs, and then the true esoteric methods will become comparatively plain to you, and, through obedience, will be yours for time and eternity. Hold the thought: *Thou–Oh–interior–law–art–my–life,–my–strength,–my–health,–my–counsellor,–my–defense–and–my–eternal–support.*

25. **Individualism** is the evolutionary half of that universal law called God. Its original impulse was the creative force, inherent in Truth, which caused its first manifestation. All of these important scientific, biological principles of life, are convincingly dealt with in our course of study, hence its importance as a help in unravelling all the main mysteries and tangles of life, and in fulfilling its opportunities, powers and obligations. You as an individual, have omnipotent law to back you. A knowledge of that law is your main need. The now prevailing Zodiacal sign Sagittarius, is, to a large extent, representative of the principle of individualism, and now is therefore a time when to study these laws, gives you the backing of universal force-currents. There are times when you would, to some extent, receive their opposition, and would, perhaps, as a result, get the whole matter tangled in your mind. When through knowledge of these individu-

alistic laws, you become master of your forces, you likewise are able to neutralize and counteract harmful external force currents. Until then, you will be but little more than their slave. Utilize the silence as a means of freeing yourself. Hold the affirmation: *I-am-free. I-rest-in-the-strength-of-that-Infinite-law-which-I-am. It-liberates-every-force-in-my-body. They-circulate-freely-and-harmoniously-at-the-bidding-of-my-words. The-law-of-my-words-is-absolute. There-is-nothing-that-can-obstruct-them. I-am-absolutely-free-in-every atom-of-my-Being.* This would be a good general treatment for constipation, or for fear, etc.

26. Self-Reliance. From Truth,—the Father principle, comes the power to think and the desire to know. The instincts of individualism and self-reliance thus strike out in the bold search for knowledge and progress. Each experience carries with it a vibration which adds to the complexities of the organism and therefore increases the necessity of self-defense or self-protection. It would be interesting to trace the slow evolution of the brain faculties, from the desire for food, for self-protection through caution, secretiveness, destructiveness, combativeness, etc., for pairing with its kind (amativeness etc., and friendship,) for the desire to see, hear, feel, taste, smell, measure distances, construct a home, acquire supplies for future needs, and from those faculties to the memory, reason, kindness, worship, spirituality, faith and the final discovery of man's oneness with his Infinite cause, and a consequent childlike reliance on that all sufficient Father law of the higher self, which is ever able to care for all its children. Let us today try to cultivate this high form of self-reliance and worship of the higher self or Infinite law. Through thought concentration we may invoke its holy presence and that Love which "casteth out fear," ignorance and its painful consequences. Hold the thought: *I-am-my*

higher-self. It-is-my-strength,-my-reliance-and-my-defense. I-seek-a-perfect-understanding-of-its-law.

27. **The Atonement.** "I and the Father are one" said the Christ. In a sense he said it for you, for me and for every one; and yet it is an individual work for each to do. We each must outwardly become at one with that interior law which is the Father, because it is our tendency and nature to finally manifest the very ultimate of its omnipotent perfection. We are inseparable from that law. Its forces are our very life and its unchangeable perfection is the source of our immortality. That law is Truth, therefore we must "worship it in spirit and in truth," or by scientific, exact, and common sense methods. This implies knowledge of ourselves, of our source and of our relations to external objects. The whole matter must be comprehensively understood as one grand and united universal system. But merely intellectual knowledge is cold, until, by being applied, it becomes imbedded even within the remotest parts of the individual organism. This implies practice, or worship. Let our worship today be the marriage feast of Divine Love and Wisdom. Let the Christ spirit within, give its blessing and loving benediction to our acknowledgement of its law. Be silent. Listen for those words of the Father-law. "*This-is my-beloved-Son-*(or product)*-in-whom-I-am-well-pleased.*" Happiness is the object of all external life, therefore let the blessing of the spirit give us each "that peace which passeth all understanding."

28. **Truth** in its aggregate is one. This perfect unity, necessarily implies a great central truth or law, which is representative of the whole, and represented within each part. Man is a part whose nature is founded upon that law. A thinker is the only synthetic organism through which Truth, the omnipotent, can act. Action is but vibration. The law

of vibration, or power to think, is the everlasting essence or soul principle within man, through which he becomes consciously at one with all Truth and all life. Through thought concentration he consciously absorbs this essence and builds it into his external organism. Breath is a species of this absorption. Its power to thus give life is increased, as the mind is polarized more and more to its central underlying vibratory law The human stomach is also a related octupus which aids in absorbing vibratory life from food and drink. Its powers of absorption become greater, as it learns to work in harmony with breath, nature, pure thought moods and the highest forms of this underlying law. Our thought moods, or mental attitudes, signify our present powers of absorption. Thought concentration is a process of invoking these moods. As we persist in its practice, we insure moods of constant absorption of the powers of Truth. As we learn to thus invoke these moods at will, the success of our every undertaking thereby becomes assured, because we then are able to act as instruments of the Divine will, or Divine law, in the execution of any just purpose which we may select. Hold the thought: *I-am-at-one-with-omnipotent-Truth. I-absorb-Truth's-powers-through-thought-concentration. I-demand-to-know-the-best-methods-of-such-absorption-and-the-underlying-principles-involved.*

29. **The Archer** symbolizes the Zodiacal sign Sagittarius. It signifies a warlike independence and directness of purpose, which is the natural attitude of the unconquerable soul. The Sagittarius perceptions of Truth, are somewhat keen and prophetic, and its arrows generally take about the shortest cut in getting to the point. Its nature is not given to compromises, or parleying; but is constructive, rather than destructive. Its keen perceptions and general constructive powers, accurately measure distances, and intuitively understand the mechanism of vibratory law and of its every pro-

duct. The Archer's primitive methods of warfare, are indicative of the pioneer in the perception, defense and promulgation of new truths. The Sagittarius nature ordinarily belongs to the priesthood, and it will perhaps be the real leader in the peaceful revolution which is now ushering in the sublime truths of occultism and a new wave of spiritual Truth. This new cycle, or dispensation, offers its special opportunities to such natures and to all who will adopt the better Sagittarius characteristics and its humanizing tendencies, not only in "living the life," but also in promulgating the highest and best methods of life. Hold the thought: *My-soul-is-unconquerable. I-boldly-stand-for-its-everlasting-principles. I-am-a-standard-bearer-of-Diviue-Truth. I-manifest its-powers. I-speak-Truth-and-stand-for-its-principles-at-all-times.*

30. Review. You perhaps may not even remotely realize, to what extent, you are now closing the books of an old dispensation. You are about to enter upon a new life which is more representative of spiritual laws. Try to lay by every thought relic which belongs to the dead past and build into the consciousness, only that which can be used in the ever-living present. Thought concentration is representative of the highest spiritual laws. You will need it as your daily companion in absorbing Truth from its primary and silent source within yourself. Your religion, from this time on, should be chiefly a religion of silence. If during the past month, or months, you have learned anything of value, which pertains to these practices and methods, then silently prize it as you would a rare gem which was to buy your freedom and happiness. Your work is to outgrow your errors, therefore you should not cling to unpleasant experiences of the past, after you have learned their lessons. Cultivate the Sagittarius characteristic of ever looking forward. Try now to absorb the right mood and then try to

carry it with you, until the books of the century are finally closed. Meditate upon those methods of thought concentration, which, during the month, have been most helpful to you.

Concentration Methods and Helps.

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1. Emersonian Idealism. The Emersonian optimism of the true Idealist is founded upon something more enduring than the riotous vagaries of a diseased imagination. It is founded upon the changeless omnipotence of an omniscient universal law—the law of force, or of individualism. This perception of the imminence of God or Divine law, is an anchorage—the only true anchorage. It awakens the soul to the great underlying realities of today, as well as of all time. It admonishes man to "stay at home with the cause" of things and thus find God's ever-living presence and potentialities within his own soul. By thus placing the dependence upon a sure foundation of omnipresent Truth, we are able to be happier, more practical, more efficient in action and more servicable to others, because by an understood method, we draw our force from the exhaustless fountain of its law within. To postpone happiness, or to despise the things of here and now, is to unconsciously insult or dishonor the Divine, which, being omnipresent, is therefore necessarily within. To constantly crane the neck, in the worship of an absent and therefore mythical God, conception, or idol, is to follow the example of a child who would refuse every nearby help and ceaselessly cry for the Moon. The Infinite exists external to the self, as does the Moon, but it will never be found in the external, until it is first discovered within the self. By its light, it will then be easy to find it everywhere and in all things. Let us try now to find

it in the silence and within. Hold the thought: *God-is-my life. I-am-the-everlasting-law-of-life. I-draw-my-sustenance from-within.*

2. Centaurian Independence. The Zodiacal sign Sagittarius, whose influence now prevails, is symbolized by the Centaur, as well as by the Archer. This symbol is representative of the man, or the human instincts, evolving from the horse, or from primary animal conditions. It requires considerable independence, or reliance upon the Truth of individual Being, to take this all important step. There never was a time, when the external conditions for doing so, were more favorable. This month and this day of this year, can perhaps be regarded as the real turning point from the old to a new dispensation of time. The past is a sealed book. Its accounts are already practically settled, at least so far as the underlying realities are concerned. Each individual must open new accounts with the world, and deal upon a basis of higher spiritual law. The religion of the future, is to be more emphatically a human heart religion of the silence, instead of mere form, ceremony and externality. Ritualism has seen its best days and must take a back seat among the relics of a past materialistic age. The tendencies of the times are against it. Through the spread of occult principles, the individual has ceased to regard himself as inherently depraved, or as a fit subject for the eternal fires of a mythical hell. He has taken his own salvation in hand and understands that the atonement, or at-one-ment with divine law, is an individual work for him to do, and that he must find his own kingdom of heaven, or of harmony, within, if he is to enjoy its presence. All hail to the centaur of human spirituality, in its efforts to rise from a condition of brutehood! Hold the thought: *I-will-arise-and-go-to-my-Father—Divine-law. I-silently-worship-my-own-perfect. Thauk-God-for-the-dawn-of-spiritual-life-and-universal-peace.*

3. **How** to "stay at home with the cause" of things, is a most important occult art, which our work undertakes to teach. The search for power and happiness, is generally conducted upon the supposition that they can be found only at distant and remote places. Occultism teaches the Christ doctrine of a near by omnipresence, or Divine law. Your line of connection with that law, is necessarily through the within of the thought consciousness, or soul principle. The activity of your external senses, signifies that your forces are not in the process of concentration. It is when the senses are still, and the mind quiet and reposeful, that the requisite involutionary tendencies can easily prevail sufficiently to carry the thought consciousness to the higher interior potencies of that law. The way to get these results, or powers, is to set up the proper conditions of silence and repose. When you fully learn the devotional process by which high potencies can be invoked at will, you will have a never failing supply of power at your immediate command. It will be capable of bringing you a fulfillment of your deepest heart's desires. When your life is consciously founded upon this unchangeable rock of universal law, there is nothing that can prevail against you, or give you the slightest cause for fear. Hold the thought: *I-now-rest-in-the-affirmative-thought-currents-of-universal-good. The-interior-law-of-all-life-is-my-reliance-and-my-protection. I-am-in-the-kingdom-of-heaven.*

4. **Live From the Soul** if you would be truly independent of all external things. Your interest in external things will not then cease, but will increase. You may regard it as a law, that external things cannot yield you permanent happiness, until you find the true source of happiness within, and thus become independent of their necessity. Try today to fully comprehend this law and thus become disappointment proof. The negative things of earth, or externality,

are yours to subdue. You can subdue them only in the righteous name, or strength, of that great interior affirmation or law called God. That law is patiently waiting for your recognition. See if you can silently recognize it now. Slow the activities of the senses, until the mind becomes steady and quiet. Take plenty of time for this. Make of it a matter of relaxation. Hold the thought: *My-soul-looks-within-to-thee,-thou-law-of-Infinity,-savior-Divine. Oh-hear-me-while-I-pray,-take-all-my-griefs-away-and-let-me-from-this-day-be-wholly-thine.*

5. A Room of Silence. Each home should have a room of silence, or "holy of holies," dedicated to the daily practice of silent thought concentration. A room soon becomes saturated with the vibratory atmosphere, or quality of thought force, which is therein generated. A room of silence could therefore be made a focusing center for helpful spiritual forces. The power therein generated, could be helpfully sent out to others, or to the external circumstances with which one has to deal. These harmonious thought currents would infuse themselves into one's purposes and undertakings, smoothing away rough places and harmonizing the underlying causal forces of troubles and difficulties, even before they could externally appear. Purposes and plans could therein be devised and formulated with an increased degree of scientific accuracy, wisdom and success. Bodily pains, or disease, would be more easily soothed or removed, by thus coming in contact with harmonizing forces from the higher self. As these forces from the higher self accumulate in such a room, as it is thus used, they would act as a thought treatment, or spiritual bath, which could not easily be otherwise than helpful. The principles of individualism demand such a room. The universal laws of Love and of Brotherhood also demand a Church, which would offer co-operative external helps for this practice of scien-

tific devotion. Prepare the way by the following affirmation, or prayer, viz: *I-demand-for-myself,-a-room-of-silence-where I-can-commune-daily-with-thee,-oh-law-of-my-life. I-also-demand-the-scientific-co-operative-helps-which-the-Universal Church-will-offer.*

6. "Be Still and Know that I am God." Nature's forms of expression are multitudinous. Its methods of expression are comparatively few. Its basic principles from which all those forms and methods spring, are but very few. The subject of these methods and drills in thought concentration, deals almost exclusively with these few principles, and therefore they are repeatedly referred to. To drift far away from them would be to drift from the subject in hand. Those who are in the greatest need of these practices and of their almost endless repetition, are the very ones who will be most easily bored by them, because their needs signify that their present tendencies are in an opposite direction. If you are not bored by them, you may know that you have more than ordinary ability to obtain helpful results from their observance, because of your basic powers and fortunate individual tendencies. The object of silence, introspection and thought concentration, is to more thoroughly polarize the forces to the higher self. If they are already well polarized, these practices will seem natural to you, and will be very productive. If they are *not* well polarized, then that is your *greatest need* and you should hold to the purpose, until the practice becomes a delight, and productive in results. Hold the affirmation: "*Be-still-——and-know—that-I——Am——God.*"

7. How to Know from Within. This involves almost the whole subject of occultism, therefore its basic principle is the daily practice of thought concentration, until the subjective mind, or higher self, becomes habitually active. Then, knowledge, wise judgments and wise plans will come

to you by a lightening-like process, which is not laborious. The awakening of the subjective mind also awakens occult forces which can be sent out, almost in a flash and with permanent magical power, to things, or circumstances at a distance. The higher self is nothing less than the Christ spirit which is able to "miraculously" and almost instantaneously heal circumstances, as well as bodily ills. Sagittarius natures generally have quick intuitions, and the power to know from within, at least so long as their sex forces are properly conserved. Leo, Aquarius, Libra and other natures are generally liberally endowed with these powers. One method of cultivating this faculty, is to use it in recognizing the mood of concentration, or of reposeful steadiness, as it steals over you, in the silence. See if you can now produce this mood, and do not forget to recognize it, from within, when it comes. Also use this interior discrimination in determining the qualities of these moods, so you may be able to keep out all harmful phychic forces and force-currents. Cultivate the subjective mind in your general judgements, and particularly in your judgments of character. Its searching look, though penetrating, is reposefully kind, and therefore does not often give offense. Hold the thought: *I-now feel-from-my-subjective-mind. I-know-from-within. My-mind-is-reposeful.*

8. **Introspection** need not and should not be productive of undue sensitiveness. When the subjective mind is awakened by proper occult methods of introspection, or of thought-concentration, its affirmative and positive forces will also be awakened into healthful activity. The true optimist easily becomes sensitive to deep feelings and the underlying beauties within all forms of organic and inorganic life. He also becomes impervious to mental suffering, because his faculties are kept in a state of healthful activity, as is indicated by his optimistic moods. Moods of perma-

nent happiness and success, are within your reach. They They can be produced at will and maintained, through the methods of thought concentration, etc., offered by occultism. Thought control means everything to you and can be obtained by specific scientific methods of dealing with the thought faculties and forces. First utilize occult methods in awakening the proper desires, then in understanding the philosophy in all its details and then in the faithful application of its methods. Do not try to deal with too many things at once. Take them one by one if you wish to become their master. The principles and methods of self-mastery are very simple, as compared with the attainments in external results, which it places at your command. Hold the thought: *I-now-penetrate-to-the-depths-of-my-soul. I-demand-wisdom-to-find-and-follow-the-best-methods-of-self-development-and-self-mastery. I-devote-my-talents-to-the-highest-uses.*

9. Your Aims. Sagittarius natures generally aim well, and as a rule, hit the mark in all things. They are sensitive, and when offended, are capable of driving home the arrows of severe words, or even blows, with a tremenduous forcefulness, and are almost sure to hit at vulnerable points. They should guard against this, because they do not realize how hard they strike. If they did, their natural kindliness would prevail. To be able to choose and follow right aims is a talent which should not be thus misused. It is always safe to aim at self development, for in proportion to our success in that, will we be able to obtain the enjoyments and good things of life. That, in itself, if properly pursued, is the main enjoyment of life, for the source of happiness is within and the method of attaining it is through the proper development, or massing and use of the forces, Opportunities for self-improvement and happiness are always at hand. The Infinite could not have endowed us more liber-

ally with the instruments of happiness, than to give us the unlimited privilege, through thought concentration and otherwise, to draw upon the Infinite, creative, interior law. But what use are we making of these privileges. To what extent do we even appreciate them. Let us aim now at the Infinite and see how closely we can draw near to its silenee. Let us summon the subjective mind and every particle of knowledge concerning thought concentration which we possess, as a means of reposefully focusing the forces upon that interior silent law which is the Infinite. Hold the thought: *I-will-develop-the-power-of-silence. I-listen-for-the-reposeful-hush-of-my-forces-which-precedes-its-consciousness-of-power.*

10. Over-activity. Sagittarius, being an executive Zodiacal sign, naturally endows its children with executive tendencies which frequently lead to over-activity. Emergencies are an inspiration to such natures, in that they call to the surface the executive powers and forces of the subjective mind. At other times, these natures are inclined to forget this source and sphere of real action, and by their excessive bodily activities, shut off the supply of force from within. This is perhaps a lesson which you need also. The silence today, may help you to determine and then to appropriate it, by setting up the proper counteracting causes. You should realize the necessity of keeping your whole organism in first class working condition. As power comes to you, do not forget to use it in moderation, so that its constant occult pressure will uphold and sustain your every accomplishment. Reposeful moods hold your forces, so that their harmonious pressure is felt, not only within yourself, but also throughout your every relation in life. The atmosphere of thought which these moods represent, carry their life potencies far and near, and produce the attractive forces or currents, which bring successful results to you. There is an absolute law behind this. All you have to do is to under-

standingly put it into operation. Then you will attract magical results even while you sleep. When, by over-activity, you infringe this law, you produce lax force conditions, which dissipate or diffuse the external results which were attracted as effects of your previous thought activities. Hold the thought: *I-will-master-my-forces,-and-the-occult-principles-and-methods-which-make-that-possible.*

11. **Meddling** with the affairs of others, detracts just that much force from your power to successfully conduct your own. It establishes force connections which invite self-defensive attacks from them, if they are in a well organized condition, and if they are not, it brings to you the still worse result of imbibing their lax force conditions, and unsuccessful "hoodoo" moods. You are morally responsible for the use you make of your force. Sympathy is force, therefore your use of sympathy, involves the principle of meddling and a moral responsibility. If you indiscriminately waste sympathetic or other force, upon those who are unready or unable to appropriate it, you thereby rob those who could appropriate it and to whom it is a duty to freely give. "Let the dead past bury its dead" is a motto worthy of frequent use. Your first duty is to yourself. It is the duty of keeping closely in touch with the higher self, that you may act from it in all you do. To do this is a matter of occult knowledge faithfully applied, through thought concentration, etc. To neglect this practice, is a matter of almost criminal neglect, for which you are the chief victim, or loser. On one side is almost endless penalties. On the other side is endless rewards. Try to silently summon your forces sufficiently to absolutely settle the question of whether or not this is so, and then decide what you are going to do about it. Let it be either one thing or the other. Any "betwixt and between" action would perhaps hold these principles and practices up to needless and unjust disgrace, in which

event you would be responsible also for that. No one can dodge the self acting punishments of infringed natural law. Hold the thought: *Should-I-study—oocultism? Should-I-practice-its-methods? Why? Abide-by-the-answer-which-comes-to-you.*

12. **Emergencies.** The rare Sagittarius characteristic of being inspired to right action by emergencies, is capable of cultivation. Character is the slow vibratory growth of experience and habitual thought. By gaining thought control and by then wisely choosing and following the right objects of thought, we can build character into that which is more fully representative of permanent Being; or in other words, we may and should thus build for the eternal, and live in the eternal-now. It is the plodders along this road, who are the first to reach the destination; but our methods of plodding should be intellectual and scientifically spiritual, rather than merely physical. To fail in the choice of methods, would mean to plod along some other road instead of upon this one. We should plod, in the sense of repeating wisely chosen thought practices and their consequent vibrations, for repetion of vibration is omnipotent. The ability to g asp and utilize opportunities and to act wisely in emergencies, depends upon the reserved power slowly and patiently acquired during a long period of previous thought training or character building. Opportunities are of no service to us unless we are thus prepared to utilize them. "Know thyself" and the desires of the heart, as a means of confining all training to lines and methods which will not end in dissappointment or failure. Purposes should be carefully formed in the silence, so that they may be truly yours, instead of the mere reflection of other minds. Patiently train the subjective mind, and your outward character and purposes will thereby become representative of its powers and happiness giving perfections. Hold the thought: *I-am-the-image-of-*

Divine-law. Its-interior-perfections-become-a-part-of-my-outward-organism-as-I-silently-dwell-upon-it-in-thought. I-now worship-it-into-vibratory-manifestation-through-me.

13. Timidity. Sagittarius natures are often timid, but only when there is no need for action. Their timidity is perhaps the result of a prophetic tendency to allow the mind to drift ahead to things of the future, or from an act in hand to a proposed act of the future. They like to go fast, but when events arise which are capable of commanding their entire attention, their natural directness and unity of purpose comes to the rescue and temporarily gives them great powers of concentration. Concentration is but another name for inspiration and power. The great need of most natures is that thought control which gives power of concentration. It should be cultivated, not only by noonday devotional practices, but also when we are doing small acts. The Sagittarius executive moods of hurry, divides and therefore wastes the forces, thereby producing negative, anxious thought currents, hollow cheeks, dyspepsia, lung difficulties and a general depletion of the force centers or vital organs. Be deliberate and reposeful in every act, if you would cultivate courage, instead of timidity and cowardice. Utilize the silence whenever necessary and particularly today, in stopping these unnecessary leakages of force and in the correction of habits which lead to them. Whenever you concentrate all your forces upon one thing, you necessarily thus become, at least temporarily, free from fear regarding other things. The thing feared can either be remedied or *not.* If not, then there is no use of worrying over it, and if it can be, then the concentration of the forces upon it in the application of a remedy, also removes entirely the necessity of fear. Fearing thoughts are negative forces which create a vortex that attracts the thing feared. Hold the thought: *I-rule-my-*

thoughts–and–my–forces. I–have–nothing–to–fear. The–overruling–law–of–Love–cares–for–me–and–all–things.

14. **Prophecy.** The prophetic faculties of intuition, should be used chiefly in acting as an avenue for the expression of *interior* causal forces which *determine* what the future will bring forth. Your thought organism is the architect of your fortunes. Your creative thought forces determine what your future shall be. The possession of these instruments, places all the resources of the Infinite at your command, for they are but force. Your thought should dwell and dwell and *dwell* upon this great fact, until it engenders a permanent mood which is representative of its Infinite meanings. Then you will act with the majestic forcefulness and power which this Divine parentage justifies. If to thus worship this law, or God, is a fulfillment of the law and commandments, then you should realize the importance of repeatedly emphasizing the few principles and methods involved. We repeatedly caution our members upon this point, so they will not use co-operative thought concentration, their prophetic faculties, and occult powers, simply as a means of psychically communicating with each other. That would be an inversion of the true principles and would inevitably lead to final disaster. The power and virtue of our Brotherhood work, consists largely in the adequate preventative measures against such consequences, which are habitually set up by its esoteric and other members, as well as by the instructions regarding this vital principle that are repeatedly sent out. Hold the thought: *I–now–draw–upon–the–inner–vibratory–forces–only. I–use–my–intuitive–faculties–only–in–generating–and–affirmatively–using–my–forces.*

15. **"This One Thing I Do"** is a thought concentrating precept which generally leads to success. There is perhaps no one so meagerly endowed, that by proper concentration, cannot accomplish some one thing of importance; nor is

there any one so liberally endowed, that he can properly accomplish everything in a single life. It requires scientific self-knowledge to wisely choose the one thing to which your talents are best adapted. It requires fidelity to the law of force and to the occult methods of force-massing, to be able to accomplish your chosen purpose with the least possible outlay of force. One thing which all should do, is to learn and apply these laws of force. Then it becomes possible to accomplish almost any rightful purpose, and to choose high purposes with the certain knowledge and firm faith that they will be accomplished. It then becomes possible to dismiss anxiety concerning consequences and thus avoid the wastes of force which anxieties necessarily produce. Try in the silence to cultivate the Sagittarius quality of concentrating all the power you possess, upon a single point at a time. This talent can be used in adding distinctness of outline and clearness, to your thoughts and plans. If your thinking is muddled, your actions will be no less so. Concentration should begin in thought, as a means of reaching your higher self. Hold the thought: "*This-one-thing-I-do.*" *What-is-the-one-thing-which-I-can-best-do? What should-I-do?*

16. **Bluntness** is often carried to the point of brutality by a certain undeveloped or wrongly instructed class of Sagittarius, Scorpio, Virgo and other natures, who delight in destructively telling disagreeable "truths," or even falsehoods, to so called inferiors, or weak and defenseless ones, in the family or elsewhere, (who are perhaps incapable of self-defense) but "of course for their own good." If they would but learn to exercise their courage, discrimination and truth loving or happiness giving faculties in discovering and then proclaiming the beauties of character and lovely traits which often lie only a little below rough, plain and lowly exteriors, they would thus awaken splendid qualities, and as gradually also bring into manifestation the Divine image within themselves.

We all have opportunities of this kind and if we have sufficient understanding and perception to properly reverence human nature, we will, when advisable, be able to tell even the most disagreeable truths, with such kindness and gentleness, as to avoid these paralyzing, dwarfing and unnecessary hurts. The Divine image can be praised, loved and worshiped into manifestation, but cannot be driven. True criticism is constructive rather than destructive. He who is inconsiderate and arrogant to "superiors" is generally abject and cringing to inferiors. The basic laws of permanent Being have endowed us all equally. It is a delight and therefore should be a privilege, to regard all things in the light of these permanent and always inherent principles. Thus may we worship God or the Infinite law, in every act. Such worship is a species of concentration. It helps to polarize the forces to the law of the higher self. Hold the thought: *All-is-good. My-Infinite-Father-created-all-in-his-image. I-recognize-that-image-within-myself-and-all-others.*

17. **Sagittarius Impetuosity.** Independence of spirit, quickness of intuitive perceptions, and intensity and directness of purpose, when backed by the Sagittarius executive tendencies, naturally lead at times to St Peter-like intuitional, inspirational and impetuous acts. Faculties and qualities of the highest virtue, when unrestrained, are liable to manifest in obnoxious ways. It is well to keep in mind these high qualities in others and throw a mantle of charity over their inconsiderate, or excessively impetuous and perverted manifestations. But in our own character building we should hold ourselves to a strict account for the use we make of all our faculties. Every faculty is primarily virtuous and good. It is only its perversion that can result in evil or vice. We should therefore realize the importance of understanding our every faculty and the specific and scientific methods

by which they can be made to perform their respective uses. Life is made up of details. From little thoughts and small acts, habits are formed and character built, or perchance destroyed. Let us today deal silently with the quality of impetuosity and with the various causal factors which lead up to it. Self-training, to be effectual, should be systematic and thorough. While holding ourselves to the basic principles of thought concentration etc., we should not overlook the minor details, or qualities, but should take them one by one, as well as collectively, day in and and out the year around. As the years go by, we will be offered convincing proofs that none of this patient self-training was in vain. Hold the thought: *I–draw–my–sustenance–from–within. I–act–from–the–soul–in–all–that–I–do. I–love–all–things–and–do–not–desire–to–harm–them.*

18. **Ingratitude.** It is generally the fate of Sagittarius persons to be misunderstood and to thereby become victims of ingratitude. This is perhaps more or less true of all, who have the independence to think and act for themselves, but when a dual nature, interior complexities of organization, quick intuitions, executive tendencies, reticence, sensitiveness and a warlike self-defensive attitude is added, that result becomes almost inevitable. The natural open-hearted frankness and directness of a Sagittarius nature, inclines it to invite candid and confidential relations with others, but when it then confers favors, and finds a lack of responsiveness to the true fundamentals of independence, or even failure to keep pace in quick perceptions and consequent acts, the result is absolute reticence and perhaps a self-defensive war, to the extent that its sensitive independence becomes goaded or trampled upon. The natural Sagittarius fidelity to friendships, etc., would perhaps prevent open warfare, but it is almost as trying to be invited in at one door (to a basis of social intimacy) only to be suddenly pitched out of another

door, or window, so to speak, and it is an experience which but few can stand with equananimity, or without ingratitude for such favors as may have been previously received. It may be regarded as a principle, that he who pins his faith to man the imperfect, will suffer dissappointment; but he who through a perception of the underlying *perfect* in all, worships *that*, instead of its imperfect symbols, thereby becomes capable of receiving satisfactions and benefits instead of dissappointments from all, however imperfect they may as yet be. We are not fit for true friendships, or the responsibilities of great wealth, until we thus become independent of their necessity. Look within, to that which is unchangeably perfect. Let that be your companionship and reliance. Make all other loves subject to this, because they are but reflections of it. Hold in thought the first commandment.

19. Small Annoyances are often unnecessarily magnified into collossal proportions. Sagittarius natures are often unnecessarily and waspishly impatient and combative, when these competitive wasps or circumstances, but *partially* withdraw their attention from its usual intense interests. They don't like to be disturbed or interfered with, when directing their arrows of energy to any particular mark. A great calamity, by *entirely* withdrawing their attention, would be an inspiration to them, because it would awaken an all-sufficient coolness and courage. It is the trifle which annoys and thereby commands them. We should not be thus ruled by trifles.

One method of correcting this weakness is to cultivate the habit of doing only one thing at a time. If the attention becomes withdrawn, even by a trifle, we should concentrate wholly upon it until it is disposed of. In that way it serves by training us for the mood of success. To permit it to divide the mind, would give it temporary command over us and in a way which trains for failure. All necessary acts,

however simple, become our servants to the degree that we thus use them in training for the concentrated moods of success and happiness. If the mental faculties and forces are concentrated, they will act harmoniously, and thereby bring a consciousness of happiness, as well as produce the harmonious thought currents of success. Silently examine yourself today and utilize thought concentration as a means of fortifying yourself against further infringements of these occult laws. Hold the thought: *I-concentrate-all-my-forces-upon-a-single-act-at-a-time. "This-one-thing-I-do,"-is-my-motto.*

20. **Learn to Labor and to Wait.** It is easy to be too impatient of results That faith which is founded upon absolute knowledge of occult laws, is content to simply act in sowing the seeds of success, for action and its fruits are one and inseparable. To spend time in watching for results, is to divide the energies and interfere with their power to properly concentrate upon the production of causes. This principle is particularly important in the work of force-massing or character building. It is a law, that if the true principles of thought concentration are habitually and properly applied, great individual results will necessarily ensue. You should make it your business to comprehensively understand the principles involved and the true methods of thought concentration, and then to faithfully and habitually apply them. Simply do this and keep on doing it while you are waiting for the results which must inevitably follow. To thus govern your life by such fundamental and eternal principles, is to live and build for the eternal. You are in need of these practices, in proportion as they are laborious and tiresome. If they are not tiresome, it is proof that you are capable of getting great results from them. They should be made a pleasure. If they become laborious, then drop their outward forms for a time, simply holding to the pur-

pose, and the time will quickly return when they can be made a pleasure and proportionately effectual. Hold the thought: *I-will-learn-and-observe-the-laws-of-my-Being. I-walk-in-the-light-to-the-extent-that-I-am-able-to-receive-of-the-light. I-rely-upon-my-higher-self-or-the-God-within. I-worship-it-into-manifestation.*

21. Finish Your Tasks. The merchantile characteristic of quickly turning from one thing to another, has, by Americans, been cultivated to excess. It weakens the powers of concentration, scatters the forces, leads to depletion, nervousness, failure and even death. Your occult powers can be cultivated by forming the habit of keeping the mind upon one thing only, until it is accomplished. Success consists in completion. You do not fail until you give up. You cannot fail if you never give up. "Whatever is worth doing is worth doing well." Try to keep out of the thought currents of shams and of mere cheapness. You will thus keep comparatively free from the thought currents of intense competition, where nearly all the shams inevitably tend. Be thorough. Avoid shams. Make the good article. Make it as it should be. Take an artistic pride in constantly improving it. Sell it for a good fair price and you will be almost sure to find a ready and enlarging market. Mere cheapness has had its best days. With the vast accumulations of wealth, will gradually come the search for better things, rather than for merely cheaper things. It pays to get into thought currents of success, where its attainment is then little more than a mere matter of floating. Occultism teaches how to get and keep in such thought currents. One secret of it, is to think success instead of failure, or to mentally see yourself in improved surrounding conditions. Another is to practice daily thought concentration silently, as well as in every act. Hold the thought: *What-can-I-do-best? I-do-only-one-thing-at-a-time. I-now-concentrate. I-*

finish-my-tasks. I-demand-wisdom-and-power-to-get-and-keep-in-successful-thought-currents. How-can-that-be-done?

22. Vows and Confidences. The typical Sagittarius nature is constitutionally opposed to vows. It should be opposed to confidences also, for that would in a large measure remove the cause of being misunderstood, and of the consequent ingratitude. There is no vow sufficient to permanently bind any individual to a course that is wrong. Natural law is the only power that can permanently bind. Even that must in time loosen its bonds at the dictation of applied occult knowledge, for "The Truth shall make you free." The perfect law of everlasting life, which is for each individual, is even above manifestation. Why should man perjure his soul, by making vows as to what he will, in the light of higher knowledge and in the future do. Principles and methods of life which are founded upon Truth or absolute universal law, are sufficient to bind their followers, even without the necessity of external vows. The true Sagittarius independence, is founded upon universal principles or laws, whose very strength is brought out, the more they are attacked. If my principles are unsound I wan't to know it, therefore the more frequently, mercilessly and even maliceously they are attacked, the better I like it. Principles which are self-evident, or prove themselves, can well afford to be attacked at every point, and by their strongest opponents, as it only exposes and heralds their permanent native power. If it is a universal law that all things evolve from within outwards and through an inherent vibratory law, then our methods and principles of thought concentration will permanently stand the attacks of every psychic organism, negative force, or inverted method of occultism, or of drawing upon external psychic or other forces, that can be ignorantly arrayed against them. We never knowingly or wilfully attack individuals, but we most fearlessly attack inverted

occult principles, thereby arraying against us the whole psychic world and many organized bands of "black magicians." There is and has been war in the invisible, but the supremacy of "white magic" and the principles of right, is the only outcome that can prevail. Hold the thought: *I-fearlessly-stand-upon-the-interior-Christ-principles-of-evolutionary-law.*

23. **Redemption** must necessarily be the outcome of each individual soul-life. The underlying law of all soul-life is unchangeably exact and perfect. Its consequent individualistic tendencies must inevitably lead to but one finality. The power to think is the soul principle of individualism, which, being indissolubly attached to its underlying law, must survive the grave and finally fulfill its destiny of manifestation. Its underlying and everlasting law of force is dependent upon this method of manifestation and being unchangeably perfect, cannot permit the manifesting purposes of individualism to miscarry, even in a single case. The law is absolute. Nothing can permanently resist the creative potencies of tendency, with which it has endowed each and every soul-life or thought organism. These inherent soul potencies may perhaps require an eternity in which to fully evolutionize, but as the inherent power is there and also the tendency, the finality of perfection and complete manifestation is therefore inevitable. There is much more to this which may perhaps come to you in the silence of concentration, as you thus put yourself in the proper attitude to receive it. Hold closely to the practical point that as your redemption must come and is a matter of your own sowing, reaping, thinking and soul growth, then the sooner you begin to sow right, by learning and obeying the occult laws of your permanent Being. the better it is for you in every way. Hold the thought: *The-law-of-force-is-my-eternal-life. It-is-my-higher-self,-or-power-to-think. I-will-learn-this-law,-and-conform-my-thought-habits-and-methods-to-its-omnipotent-prin-*

ciples. My-higher-self-is-redeemed. I-will-keep-closely-in-touch-with-it. I-am-my-higher-self.

24. Finding the Christ Within is largely a matter of thought concentration. All true methods of thought concentration lead that way. The real art of thought concentration consists in so changing the mental tendency that it will temporarily carry the thought consciousness to the within, or into involutionary conditions, rather than to the evolutionary, outgoing, external conditions of positive thought. The consciousness and its forces, thus become polarized to the higher self, or interior law of force. The outcome is a paradoxical condition of negative positiveness, because the higher self or law of force is an affirmative principle and therefore a positive, but the external consciousness must become negative to it in order to become more closely attached to it. The subjective mind of the individuality is gradually built through this conscious or unconscious method of drawing upon vibratory law for its forces or brain cells. Sleep is an involutionary process which can be improved in helpfulness by a previous use of proper thought concentrating mantrams or affirmations. This matter of finding the Christ principle within, involves almost, if not quite the whole subject of occultism and justifies whatever knowledge gaining or effort that may be required. Try in the silence to fully realize that the Christ principle and its powers are inherent within you and that it can be found through scientific devotion, or by obtaining and applying the proper self-knowledge. Is it not worth the effort? Hold the thought: *I-seek-the-Christ-principle-within-myself. I-demand-its-knowldge-and-its-powers. eI-will-nse-them-for-the-good-of-all. I-demand-good,-first-for-myself,-that-I-may-do-good-wisely-to-others.*

25. The Risen Christ. When we find the Christ spirit within ourselves, it will then arise and proclaim through us

the power and absolute supremacy of its spiritual law. The demonstration of the goodness and magical powers of the Christ, is an individual work which each must in time do. It is but a matter of applied knowledge. The principle being changeless, offers the same possibilities of application now, that it will "when Gabriel blows his trumpet" on the morning of the "last day" of manifestation or "judgment." We are the ones to change, to an attitude of knowledge, understanding, faith and Loving obedience or co-operation. Shall we do that now, or shall we indolently and ignorantly postpone this bounden duty, perhaps to another life, or until we are goaded to it as a last extremity? Let us now seek that interior heavenly silence or "holy of holies" which is the dwelling place of this spiritual law. As we thus gain admittance to this interior paradise, let us reverently rejoice that the Christ is risen within our soul life and that through thought concentration its priceless blessings can be invoked, whenever needed, for our strength and comfort. A good orthodox woman recently said: "Oh I am so thankful that I can believe in heaven as an external locality instead of a mere condition"! I said what! even if it is a myth or untruth and contrary to the teachings of the Christ, who said "the kingdom of heaven is within you"? By blindly refusing to think, we can continue to worship such idols of untruth, or degradations of scriptural law, but the penalties for so doing are self acting and therefore inevitable. True worship is *willing* to sacrifice *all* for Truth; but to worship and find it is to *gain* all instead of a sacrifice. "There is no religion higher than Truth." Prayers are answered because of a law, instead of in opposition to law, therefore they become answered to the extent that they are devoutly scientific. Affirm: *I-Am-that-I-Am.*

26. Cruelty and Forgiveness. The administration of justice should be ever merciful and educative, instead of

cruel, vindictive or revengeful. The true welfare of the individual who offends, should never be lost sight of. So far as the individual is concerned, there is no possible offence that cannot and should not be fully and freely forgiven. "Justice is mine saith the Lord" or law. The punishments of vibratory law are self-acting and therefore exact. It is the creative Father of all things and will see that justice is finally done to all persons and things. The true Christ spirit of forgiveness, inspires its twin spirit of non-resistance. "Resist not evil but overcome evil with good." So called "evil" events, necessarily imply a negative, as well as a positive pole. To be in their thought current is sufficient to create this negative pole and thereby become their victim. To then exercise an evil, hateful, or retaliatory spirit, is to send out a vibratory thought current that will necessarily strengthen the negative conditions or pole, and thereby attract similar and pephaps even great misfortunes in the future Vibratory law thus binds these victims of evil, to their related causal conditions or thought-currents, *until* their spirit of hate is understandingly turned into Love. This absolute law cannot be changed, nor can anyone who infringes it, permanently escape such consequences. By your thoughts of hate, you thereby bind yourself closer to the persons or circumstances thus hated, until, through knowledge, yor are released by your own hand or spirit of Love. Even a Jesus Christ could not permanently save you from this, except by teaching you the Biblical law that "Whatsoever a man soweth, that shall he also reap." This Mosaic principle of cause and effect, instead of teaching the myth of eternal hell fire, is the spirit of both old and new Testament. The old Testament does not speak of "Hell." Fire is but vibration. Vibratory law creates its own hellish fires of discord and inharmony throughout the eternity of manifestation, but this law must finally be obeyed by one and all and its fires then die

out, because we are all constructed or constituted according to such vibratory principles. This law of your life is the law of everybody's life, therefore this, your soul-life, is the Father of all, and in exercising the spirit of forgiveness you are but exercising Love toward yourself as a child of the law. Hold the thought: *I-learn-and-conform-to-the-vibratory law-of-Love. I-Love-this-law—(my-life)-and-all-its-products. I-therefore-forgive-all. By-obediance,-my-interior-Christ-spirit forgives-all-my-trespasses-or-sins.*

27. **Solitude and Darkness.** Every species of darkness in your life, "is but the absence of light" which knowledge could give. Truth always exists in its perfection. If the coloring of our lives is lacking in this great affirmative principle—Truth or vibratory law, it is only because of our personal lack of knowledge concerning it. The remedy—knowledge—can therefore be unerringly perceived. "Ignorance is the cause of all evil and misery." Occasional darkness, evil and misery, seem to be necessary as a means of enabling us to properly prize the light of knowledge. The power to think, was given us for the purpose of deriving happiness through knowledge-gaining and in the manifestation of Truth or first cause, therefore no evil, in driving us to knowledge-gaining, could be quite equal to the final compensations of good through the power of Truth, which are thereby assured us. But should we wait to be slavishly driven, by evil, to the compensations which the search for knowledge necessarily offers? Are not the compensations themselves, sufficient to inspire the utmost earnestness in this pursuit, at least so soon as we can be sure of this fact that they are the inevitable recompense? Then it is all important that we should convincingly understand that great fact. The solitude of silence offers us unequalled opportunities in settling this and all other questions. Temporary solitude is objectionable only to those who have not yet learned how

to silently commune with the Christ spirit within. Self-knowledge opens up to us the limitless treasures of an Infinite interior Mine of wisdom. Is it reasonable to suppose that the tender Father did not have our happiness and good in mind, when through the Christ spirit he said, "Thou shalt Love the Lord (interior law) thy God with all thy heart etc"? Silently ask your interior self the question, and see what answer from the Christ spirit will come. If you obtain an answer or consciousness which decides the question, then try to realize the power which solitude and silent thought concentration offers in answering all other questions and in gaining that knowledge of Truth which makes you free. Hold the thought: *I-am-free. I-perceive-the-path-to-wisdom and-freedom. The-Truth-shall-make-me-free.*

28. The Knees signify prayer, or redemption, through scientific devotion. The Zodiacal sign Capricorn, has its bodily correspondence in the knees. Its solitude of silent devotion, is often preceded by a darkness of deep soul experiences, which naturally carry one to the knees, in prayer. We should give thanks for every experience, however bitter, and thus try to learn from within, the lessons it was intended to convey. The vibratory law which underlies all experiences, insures that they will pass away from us as soon as we have learned their lessons. This should inspire an attitude of hope and patience, even in the midst of the bitterest experiences, which are thus necessarily accompanied by rapid progress in quickly bringing daylight, just after these darkest of hours. All of natures penalties are remedial instead of vindictive in their tendencies. The law of Love is behind them. Let us ever trust that law, for only it, is sufficiently wise to answer our greatest needs, at the least expenditure of force in pain and suffering. Let us be inspired with an all sufficient courage to face whatever experiences may come to us at this point of turning, in force-currents,

from the old to the new. At no historical period, have the times been more important, and while in closing the books, or records of the past epoch, they may most swiftly reap, we should rest in the calm assurance that the dawn of a brighter day, cycle or dispensation, is thereby hastened. By silent devotions, we may polarize our forces to the higher self and thus get in line with future events which are sure to be more representative of such higher conditions. Prayerfully hold the thought: *I-now-polarize-my-forces-to-the-higher-self. It leads-me-to-all-necessary-readjustments-to-the-higher-conditions of-the-future. Through-kaowledge-and-devotion-I-avoid-the-necessity-of-violeace-and-suffering-in-making-all-necessary-or rightful-changes.*

29. **Meditation and Prayer.** The allegory of Christ's crucifixion, should remind us not only of the preliminary darkness of ignorance and disbelief, which generally leads to abject loneliness, solitude and prayer, but also to the Resurrection, or consciousness of a deathless interior spirit, which is proof against every storm, or unhappy circumstance. Life is necessarily unstable, until it becomes understandingly founded upon the Christ principle of scientific prayer. Does the words "scientific" and "law" seem cold and barren? Is not wisdom and Truth as important as Love? Must not the thinker, or thought organism, become representative of Truth's exactness, as well as of its inherent Love? Let us silently celebrate the marriage feast, or resurrection, of that Christ principle which is able to perform the outward marriage ceremony of Science and Religion, or of Love and wisdom, or Truth. Our discovery of the omnipotent causal law of force or of vibration, which is all and within all, here and everywhere, now and forever, is the esoteric fact which makes that marriage more easily possible for this day and age. Science has heretofore been able to analyze all external things, only to the point of vibration or primal energy, and

therefore did not and could not clearly explain the all-important law of vibration or the exact workings, methods and construction of vibratory law. It could not explain the relations of mind and manifestation, or so called "matter." The perfect and self-evident explanation of this law which we have given, conclusively shows the relations which exist between all things in the manifested universe and their one Infinite causal law called God, therefore the scientifically devotional Christ methods of soul growth, character-building, or the atonement, are thereby explained. These explanations must necessarily become acceptable to both Science and Religion, because they teach the exact Science and Religion (or inherent binding power to God) of all manifested life. Hold the thought: *I-seek-through-prayer-or-thought-concentration,-a-knowledge-of-my-relations-to-first-cause-and-to-the-external-world. I-will-ceaselessly-seek-all-knowledge-of vibratory-law-which-is-placed-within-my-reach.*

30. **To Him that Overcometh** through self-knowledge and self-mastery, will be given the key to all mysteries, and power over all kingdoms. Knowledge of vibratory law is necessarily the key to all mysteries and all powers, because all things are but the products of that interior law. This important key is now within your reach. Can you not comprehend what its possession might mean to you? At the present beginning of a most important cycle of time, those who are fitted for it, are just entering into a new and brighter life. Those who refuse the light it offers, are thereby unfitted for it, and are likely to be swiftly taken away, or out of the body. Vibratory law or occultism gives the key to the whole situation. Will you take it or refuse it. By your acts you determine and must abide by the consequences. This evolutionary law of Love will care for you, even though you childishly refuse to learn of it, and in then taking you out of a body which was too dense or rebellious to receive the

Truth, would thereby be exercising the motherly caring for instincts of Love. You will be cared for and need never for a moment fear about that, but, whether in or out of the body, must necessarily remain in essentially your present conditions, until through knowledge and thought, you set up the causal vibratory forces which will carry you to higher and happier conditions. All is unchangeable law. You cannot permanently obstruct its workings. Do you propose to try? Decide in the silence. The only way to gain true or permanent comfort, is to decide right and then act accordingly. The quicker you decide, will you bring to yourself the interior comfort of the Christ spirit or "Comforter." Hold the thought: "*Come-unto-me-all-ye-who-are-weary-and-heavy-laden-and-I——will-give-you-rest.*" *The-I-AM-of-evolutionary-law-is-my-comforter. I-AM-that-I-AM.*

31. **Retrospect—The Dying Year.** The death of the year, the century and of a 5000 year cycle, is at hand. Shall we make it a time of mourning, or of rejoicing? Let each heart decide. Which will give the most happiness? Do we owe any debt of service to the dead past, except the duty of living wisely the present and future? Cannot we let the "dead past bury its dead"? But pause for a moment. Are there no pearls of wisdom gleaned from the past, that can be made serviceable in the present and future? Then silently recall those ever living pearls. Rejoice that they can thus be buried more deeply within the sub-conscious mind. Wash from them all taints of the corpse which previously encased them. Let all looking backward be but a devotional look upward, to that ever living principle of Truth or first cause from whence we came. We have nothing to do with death, except to shun it by our fidelity to life and Truth. Mourning is ignorantly sacreligious. Should we mourn when that which has outlived its usefulness, passes away? That which is real is permanent. It is only that which has

become unreal in its relation to the everlasting I AM, that can pass away. Let these standards prevail, not only at the death of time or years, but also at the passing away of worn out bodies of friends. Thus will we avoid giving unnecessary pain to souls that have passed on to the temporary involutionary stage of soul growth. Hold the thought: *I-now assimilate-the-essence-of-all-past-experiences-and-particularly-of-experiences-in-thonght-concentration-during-the-past-year. All-hail-the-new-year! May-it-bring-the-blessings-of-happiness-to-myself-and-all-others.*

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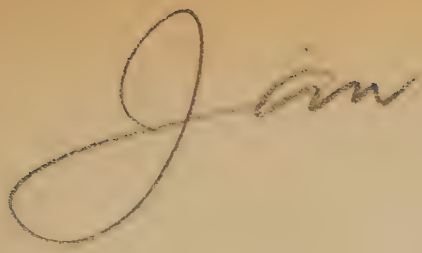

Concentration Methods and Helps.

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1. The New Year. Father time, has just scored one more notch in the cycle of eternity. The rightly constituted mind, naturally looks forward to the external conditions and factors offered as a basis for future success and happiness. However important these may be, the fact should not be overlooked, that the main factors always to be considered, are those inherent and acquired qualities and conditions within the mentality, which pertain to conduct, character and soul growth. When these are as they should be, success and happiness can be easily manufactured from most any external materials and conditions. The survey of prevailing conditions should be conducted with this in mind, so that the practical result of proper interior readjustments to those conditions, can be wisely and understandingly made. Right thinking and right living, necessarily result in happiness, therefore it is the right and within the reach of each one, to insure for himself "a happy new year." To do that is a duty, as well as a sacred privilege, for the object of life is happiness. Your success in obtaining it, is likely to be a measure of your general success. You can if necessary, afford to temporarily fail in it, after you have done your best. To do your best is to surely succeed in it sooner or later. Remember that it is a matter of right thinking, therefore if you wish to gain the vantage ground of a good start, then begin now in silence. Concentrate the forces, as a means of attaching them more closely to the higher self. Let it be your one

ambition to act from the higher self in everything you do during the coming year. If you do that, its ever harmonious forces will necessarily insure to you, happiness, growth, success and a final fulfillment of all your life purposes. Hold the thought: *My-higher-self-insures-to-me-the-happiness-of-doing-that-which-best-answers-my-true-relations-to-all others. I-demand-power-to-wisely-live-each-day-of-this-wonderful-year. I-am-a-standard-bearer-of-Truth.*

2. **Our Organization** has repeatedly demonstrated extraordinary results in the use of its principles, methods and powers, but it is as yet only in its infancy, as early events are likely to convincingly prove. Surprises will come during this year, to many whose eyes have been sealed to the possibilities that are to be fulfilled through the stupenduous work undertaken. The universal organization principles underlying the work, have their intensely practical and personal meaning to you, and now that the Capricorn organization tendencies or force-currents prevail, is the very time to make such adjustments as will bring you into your true place in the work. Your talents, though yours, were given you, and for purposes of service to others. If by refusing or neglecting to properly use them, you prove to be an "unprofitable steward," you will unquestionably be the chief sufferer and others will also suffer as a consequence. Your instincts of kindliness, as well as your self-interest, demands that you learn and try for yourself, the organization principles and powers of thought-concentration. When you have thus learned to awaken and use your occult powers, you will not need to be told the importance of carrying or proclaiming these principles to others, as a means of helping them to answer their chief needs. During this year, opportunities are likely to come to you to aid us in establishing locally, these principles and methods. Will you be with us, or lukewarmly against us. The right *must* prevail. No per-

son or thing can permanently obstruct it. Its vibratory fires must inevitably purge and purify all discordant foreign elements. If you array yourself against it, you will burn in its crucible, until through the intelligent use of thought concentration, you find your higher self and its happy consciousness of everlasting harmony. Hold the thought: *I-will-live-for-my-best. I-seek-wisdom,-self-knowledge,-happiness-and-power-to-help-others. I-act-from-the-higher-self,-therefore only-the-best-can-occur-to-me.*

3. Industry and Industries. The Zodiacal sign Capricorn, being at the head of the business trinity, naturally inclines those who are born in that sign, to become organizers and to use their organization powers with reference to things which are useful. Business success has hitherto been considered the matter of chief importance or use, but as the deeper underlying uses of organic life, such as force-massing, character-building, individual happiness, etc., are more clearly perceived and understood, it will then be the tendency of Capricorn natures, to employ their splendid organization powers in the promulgation or manifestation of truths which pertain to such things, or in answering such needs. All is Truth. The purpose of thought organisms and organization, is to manifest it and thereby give happiness to such organisms. To what extent are you thus using your power to think? The Sun and all life, enters the sign Capricorn at the lowest redemptive point of cyclic law and its redemptive possibilities are brought about partly by the dark days of preceeding experience, which teach it the importance of organization, self-reliance and self-assertion. Capricorn, winter, darkness, deep soul experiences, the knees, prayer, redemption, organization, industry, etc., are correspondences. Capricorn tendencies begin at the point in December (the 22nd.) when the Sun "stands still," just previous to its six month half-cycle of upward tendency,

Let organization, through prayerful reliance upon the Christ principle within, or through thought-concentration, be your chief purpose and industry during the Capricorn month. It is also the time to adjust or organize plans for fulfilling all true purposes and uses of life. Hold the thought: *I-am-redeemed. I-organize-my-forces-as-a-means-of-heralding-Truth-in-redeeming-others. I-industriously-improve-each-opportunity-ta-teach-occultism-to-others. My-work-is-the-work-of-the-Father——Truth-who-sent-or-created-me. "I-and-the-Father-are-one."*

4. **Loyalty and Perseverance** are natural accompaniments of Capricorns industrious, self-reliant, prayerful, organizing tendencies. Success in organizing is dependent upon perseverance, or repetition of vibration. The source of vibration is an interior law, which through prayer or thought concentration, should be perseveringly drawn upon as a means of repeatedly infusing vibratory power into our every purpose. If we would be truly successful, this matter of force-massing should be made our chief field for perseverance and industry. It is but another way of saying, be ever loyal to the higher-self or Christ spirt and God within. Such methods of self-culture are an observance of the first commandment. Use your power to think, or Capricorn organization tendencies, iu avoiding the personal calamity of perseverance and industry in a bad cause. Learn the true Science of Being, or of life, as outlined by the occult philosophy. Silently hold the thought: *Are-my-purposes-wisely and-scientifically-chosen? Am-I-perseveringly-loyal-to-the-Christ-spirit-within? How-can-I-become-more-so? Is-scientific-thought-concentration-the-best-method-of-massing-or-of-organizing-my-forces? I-demand-knowledge,-wisdom,-success-and-happiness. Let-the-spirit-lead-me.*

5. **Self-Government.** "Seek ye first the (interior) kingdom of heaven (harmony) and its righteousness (or its

scientific rightness with the force-massing causal law of your life) and all these things will be added unto you" as a natural consequence of exercising the conscious powers thus derived. It is therefore a matter that no one can afford to neglect. You are rich to the extent of your success in this. Capricorn is at the redemptive turning point from negative to positive and therefore its children are somewhat lacking in powers of self-government. Their deep soul experiences are but the first timid awakening or creepings of a new born child in the night. It represents the beginning of a new cycle or rebirth of the I AM spirit of individuality, but until these natures gain the self or force-polarizing powers of prayer or thought concentration, they are easily swayed back and forth from positive to negative. Prayer or force-massing, offers them their opportunities of self-government and leadership in the "business trinity," which is so necessary in carrying on the work of the world. Let us more clearly fix in mind these principles of self-government. As we silently and reposefully contemplate them, we will perhaps be carried to a mood which is representative of the immense individual possibilities offered through these occult methods of thought-concentration. Hold the thought: *I-now-poise-and-rule-my-forces. I-polarize-them-to-my-higher-self. It-is the-unchangeable-law-of-force-and-therefore-the-only-safe-anchorage-for-my-forces. It-is-the-true-reliance-for-myself-and-all-others. I-am-my-higher-self.*

6. Self-Consciousness. It is well to be ever conscious of the presence of the higher self. It is thus that we may become representative of the human soul in its wholeness or holiness, instead of ignorantly allowing the consciousness to dwell upon some petty and trifling external quality or defect, which may be a point of pride, or of self-reproach, as the case may be. He who has a true conception of what the soul in its entirely is, will not shallowly pride himself upon

mere external trappings, nor will he surrender his dignity or self-respect, when others ignorantly display such trinkets for mere purposes of show. True self-respect is founded not only upon the natural instincts of individualism, but also upon a definite knowledge of the thought-organs and the universal principles which underlie the permanent Being of one and all alike; therefore that reverential respect which is given to and demanded for the self, is likewise freely given to all others, in whatever stations in life they may occupy. Even inanimate creation receives its liberal share of loving reverance, for in thus giving love to all, we are but loving and worshiping the higher self, or interior law which is God. By such worship or anchorage to this interior law, we gain a steadiness, depth and weight of mentality, which cannot be easily disturbed or shaken by mere shams and pretentions. Let us today silently turn our attention to these methods of overcoming all petty self-consciousness of the mere personality. Think of your points of weakness or of pride, with reference to the affirmation: *I-am-my-higher-self, my-power-to-think. All-powers-and-all-possibilities-belong-to-its-Infinite-law-of-force. I-perceive-the-same-law-or-higher-self-within-all-others-and-therefore-accord-to-them-the-same-privileges-and-respect-which-I-demand-for-myself. God-is-my life-and-strength. All-is-good.*

7. **Self-Distrust** is only of the personality. When tempted to it, ask yourself the question, Which self do I distrust? Then affirm: *I-am-my-higher-self.* And think of the all-sufficient powers which are necessarily acquired for your needs by thus invoking its powers. It is the nature of and a delight, for the human soul to overcome lifes difficulties. Instead of wasting precious thought-force by dreading or fearing the disagreeable interview or event, you should spend the time in that happy and reposefully concentrated frame of mind which will give you the strength to wisely

meet it when it comes and thereby make it a pleasure, instead of a pain. Most of the evils which are dreaded are but imaginary, and most frequently it is the mental habit of so dreading them that acts as a magnet in attracting those that do actually come. The human soul is so constructed upon the principles of vibratory law, that no real evil can actually befall it, because these so called evils are but vibratory, and are created to answer the needs of thought organisms which are products of the same perfect and all powerful law; or in other words, your evil circumstances are created or attracted by your own negative, fearing and other thoughts, and as a means of teaching you to triumph over all evils, by discovering the omnipotence which is inherent within yourself. As a means of overcoming self-distrust, use the affirmation: *There-is-no-evil. All-is-good.* Train for self-trust by affirming, *I-AM*, and in trying silently to realize what that means. You will thus concentrate your forces and become more closely attached to the higher self which *never* distrusts.

8. **Depression and Meloncholia** are distempers which represent harmfully unhappy, negative thought conditions. There are definite methods of training to avoid such conditions. Any method of thought concentration which, by connecting more closely with the higher self, thus cuts off connection with harmful external psychic forces and force-currents, will help to overcome this. Capricorn natures, as a rule, experience some very meloncholy moods, and their most effective method of overcoming them, is these scientific practices of thought concentration, which are representative of Capricorn—the knees—prayer—organization—use of the head, etc. Even external methods of concentration upon only one object at a time, will enable one to drive away such moods, and simply by choosing and *fully* concentrating upon an *agreeable* subject of thought. That much

will power and thought control is all that is necessary. Perfect universal laws are inherent within all, therefore without exception, there is *never* any sufficient cause for fear, except ignorance of this fact and law. Evils are the transitory and illusive products of ignorance, and a thought organism or power to think, necessarily gives power to finally overcome even that. They should not be feared, because their pains are but temporary and they themselves are but the kindly lessons of experience, which compel us to recognize and utilize the happiness giving potencies within ourselves. Depressed moods are but evidences that the thought faculties are combining wrong and thereby attracting the wrong force-currents. All we need to do is to exercise will, thought control and wisdom in concentrating upon happy subjects Affirm: *I-control-my-thoughts. I-now-concentrate-wholly-upon-agreeable-subjects. I-will-think-of-my-higher-self and-its-powers———. I-am-thankful-for-these-all-sufficient-instruments-and-requisites-of-perfect-and-permanent-happiness.*

9. **Rainy Days.** Let us today practice the concentrating, knowledge acquiring art of memorizing, or thought photography, because the rule can be helpfully used in many ways. After concentrating for a few moments, slowly, silently and reposefully repeat, and at the same time slowly write, the following poem, as if it were an affirmation, and so thoughtfully that each meaning will become indelibly photographed upon the soul or sub-conscious mind.

The Rainy Day.

The-day-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
The-vine-still-clings-to-the-mouldering-wall,
But-at-every-gust-the-dead-leaves-fall,
And-the-day-is-dark-and-dreary.

My-life-is-cold-and-dark-and-dreary,
It-rains-and-the-wind-is-never-weary.
My-thoughts-still-cling-to-the-mouldering-past,
But-the-hopes-of-youth-fall-thick-in-the-blast
And-the-day-is-dark-and-dreary.

Be-still,-sad-heart-and-cease-repining,
Behind-the-clouds-is-the-sun-still-shining,
Thy-fate-is-the-common-fate-of-all.
Into-each-life-some-rain-must-fall,
Some-days-be-dark-and-dreary.

Now see if you can correctly repeat this poem from memory, and if not, then slowly rewrite it as above and then try again to repeat it from memory. When you have thus learned it, be sure to deface it for the time being from the memory, having no fear that you will ever forget it again. Concentration demands a good "forgettery" as well as a good memory. To forget, is an essential part of the process. Use this method of memorizing or photographing upon the subconscious mind, such principles, sentiments, mantrams, etc., as may be most helpful.

10. **Responsibilities** in proportion to the ever-growing strength, are an essential in the work of individual soul building. Soul consciousness is an unconquerable universal conquerer. It has the *I-AM* of universal law behind it. Its business is to manifest the omnipotence of that law. The world and finally the universe, is its legitimate sphere of activity. To what extent are you a conqueror? What responsibilities in life have you assumed? Are you continually dodging, flinching, or complaining, as a result of the pressure of responsibility? Is it the nature of your higher self to wince? Then are you properly representing the powers of the higher self? Its overplus of strength, glories in action and in freely giving of itself. Can you not at least ex-

ercise fidelity in practicing the true thought concentrating methods of attaching to and acting from the higher self? That is the way to gain the strength of a true conqueror. In your attitude of absolute reliance upon these interior laws, principles, methods and powers, you should be able to say, "*Let-the-troubles-and-responsibilities-of-life-come-thick-and-fast. I-am-ready-for-them. My-soul-is-unconquerable. I-represent-the-Infinite-law-of-force,-or-of-all-power. This-God-within-is-my-all-sufficient-strength-and-ever-present-help in-times-of-trouble. The-more-difficulties-the-greater-its-triumphs-through-me. The-harder-my-trials,-the-faster-I-go-in-the-development-of-my-inherent-strength. Let-all-else-fail-me. This-interior-reliance-is-all-sufficient. The-right-must-prevail. I-demand-wisdom-and-power-to-know-and-follow-the-right. My-higher-self-is-all-wise. I-now-draw-nearer-to-it.*

11. **Promptness and Decision.** The mind is not apt to act with clearness, promptness and decision, if its habitual activities and moods are lacking in these respects. There are comparatively few who clearly, concisely and forcefully describe the most trifling event of every day life. It is largely because they do not observe with sufficient orderliness and accuracy to sharply outline or describe these events. It is not difficult to describe or express that which is clearly seen or understood. Train for concentration and reposeful deliberation, if you would train for clear thinking, promptness, decision and courage. If the mind is in a continual worry or hurry, the multiplicity of mental pictures will prevent any one of them from clearly photographing itself upon the sensitized plate of the subjective mind. One remedy, consists in avoiding the cause. Accuracy and concentration of thought, of observation and of speech, is but a method of truthfulness. Absolute truthfulness is impossible until such qualities and habits are acquired. To inaccurately express an idea or describe a thing, is to deal in untruth or

lies. Build them out, instead of in the mind and its body, if you would avoid blunders, disease and those undecided conditions which invite failure, disappointment and unhappiness. Hold the thought: *I-concentrate-my-mental-forces-upon-each-thought-and-act. I-am-accurate,-truthful,-prompt,-decided,-successful-and-happy. "Whatever-is-worth-doing-is-worth-doing-well." I-do-with-my-might-what-my-hands-find to-do.*

12. Book-Knowledge. To spend a life in acquiring so called facts, from ordinary books, is to build into the mentality as a working factor, that which time may prove to be only fictions. All things in nature are but transitory. "The thoughts of God pause but a moment at any one point," but the underlying principles and methods of their expression are ever the same. They are eternally changeless realities, which are applicable to every life and to every time. The evolutionary, soul building methods of thought concentration, when properly used, open up interior avenues of the soul which connect with the everlasting laws of Being and their exhaustless fountain of unchangeable Truth. These methods are the source of true originality. Books should be used chiefly as a help in awakening that within the soul which perhaps the books themselves do not express. In this age of many books, people are gradually learning to rely less and less upon what they see in print. The time will come when books will be subject to a relatively true verdict from each reader and will stand or fall according to their true merits. We are hardly fit to read books until we have become practically independent of their necessity. The same is perhaps true of our companionships and our use of all external things. Let us strive to attain to right standards, by going to those interior laws which, being the cause of all, are able to bring us into right relations with all. Hold the thought: *I-use-books-only-as-a-means-of-awaken-*

ing-and-training-that-which-is-within-myself. I-now-cultivate originality-of-thought-and-clearness-of-expression. My-thoughts and-acts-have-the-intensity-and-power-of-concentration. They are-backed-by-my-soul.

13. **Art, Literature and Education.** Education is often regarded as mere book knowledge. It really means to educate, educe, or draw out the mental faculties and inherent powers This can best be done in accordance with the scientific methods of life which occultism teaches, for there are definite and exact principles which underlie all things, including the human constitution. He who is ignorant of these principles, is liable to make of his life but a series of blunders, at least so far as his own present success and happiness are concerned. He who learns the occult art of self-teaching, is almost sure to be taught or educated, because he is thus offered a continuous mental feast which is too enticeing to be disregarded. If you would acquire a working knowledge of any art or accomplishment, then learn to put yourself in the concentrated, reposeful, receptive, knowledge acquiring frame of mind. You should make haste slowly and deliberately, for you are seeking that interior activity which becomes immediately shut off by external effort, hurry, or strain. To "think hard," or hurry in thinking, generally means to shut off the interior flow of thoughts and ideas. Use mental photography in learning your lessons. If after reading a page, you would invariably close the book and thoughtfully recall its ideas, or hold yourself responsible for remembering them, you would soon thereby cultivate a concentrated mental habit, which would enable you to read with ordinary rapidity and remember all that you read. You should also take time to think, as you go along, so as to exercise discrimination regarding that which you finally accept. These methods are not incompatible with originality of thought, providing you take plenty of time to assimilate or di-

gest that which you read. Hold the thought: *I-am-reposeful-in-my-thoughts-and-acts. The-silence-will-teach-me-the-art-of learning-how-to-learn. I-concentrate-all-my-forces-upon-one-act-only,-at-a-time.*

14. **Teaching and Preaching.** Those who, in the knowledge of vibratory law, have thoughtfully watched D. L. Moody as he tries to prepare the way for the proper reception of his sermons, have doubtlessly been deeply interested and impressed. He is an expert in measuring the vibratory and psychological effects produced by good soul-felt singing; by words which appeal to the feelings, fears, sympathies and effections; by singing in concert; by the vibratory magic of his attitude of expectancy, as under the high tension of interior forces concentrated influences and deep feelings, which, though natural to him, are worked up by a process more or less scientific, he walks back and forth upon the stage, rostrum, or platform, listening for the right vibratory effects. He will perhaps shout, "Now let everybody sing and as if they meant it." "Let us repeat that chorus,' or "Listen while Mr. Sankey sings the words," "There were Ninety and Nine," or "Hold the Fort," and again "Come to Jesus," or "Almost Pursuaded," or "We did'nt bring out the true meaning of those words, therefore let us repeat them," he thus gets the vibratory co-operative thought or force-currents of feeling, etc., to flowing harmoniously, (as would those who compose the circle in a spiritualistic materializing seance) before he undertakes to pour his evangelical ideas into them. The farmer likewise prepares the ground for the seed as a necessary preliminary to the harvest. This will perhaps emphasize to you the importance of understanding vibratory law as a means of attaining those moods which prepare the way for teaching, preaching, or for self-training. The most important part is getting ready. Hold the thought: *I-will-understandingly-train-my-subjective-mind-in-accordance*

with-its-underlying-law. I-concentrate-my-forces-previous-to-every-important-act.

15. **"Speech is Silver, Silence is Golden."** Wise speech implies at least a partial concentration of the faculties and forces upon the subject in hand. But speech interferes with the focusing powers of the mind, by withdrawing the attention to the external and therefore is hardly to be compared with that deep silence of the subconscious mind, from which deep thoughts, wise speech and occult forces of high potency, are born or evolved. Silence is the natural preliminary of wise speech. The mind that is sufficiently alert and well poised to maintain self-control and speak wisely under difficult circumstances, must have become so by previous training in the art of silence. Silence may seem to be very simple and easily attained, but it should be remembered that there is only one absolute silence, and that is the omnipotent unchangeable *law*, which is Divinity itself. As through thought concentration, we become truly attached to that interior law, the forces become silent, because they get into the region of high potency, or beyond the vibratory sounds to which our external ears are attuned. Esoteric music is almost silent. It can be heard only by those who reach the higher harmonies of vibratory law from which all external things proceed. He who desires wisdom, power or permanent success in music, art, writing, business, etc., should open up for himself the interior channels which finally lead to the omnipotent, silent perfection of absolute law. This can be done only by the intelligent and persistent practice of thought concentration. Hold the thought: *In-silence-I-find my-higher-self-and-the-wisdom-to-perceive-and-speak-the-Truth-at-all-times. I-exercise-thought-control. I-speak-from-my-higher-self.*

16. **Selfishness** is almost universally condemned as the chief of evils, but educated selfishness, in its realization of

what the true or higher self is, tries to protect all its related parts in the whole universal system, and thereby lives, or is at one with the life of Love. All persons and things are related parts or products of that law of the higher self, therefore to wisely love and protect these parts, is but a matter of loving self protection or true selfishness, for selfishness means to do things with reference to the good or welfare of the self. The instincts of individualism were created for a wise purpose, which if not perceived, will be but slowly fulfilled through us. The solidarity and unity of the universe should also offer us final proof, that the principle of so-called "selfishness" or individualism, is but the positive pole of Love's manifesting law of vibration and therefore is not evil, but good. It is our ignorance of its purposes which causes evil or limitation in their fulfillment. When your duty, or the act of Love, is also inspired as a matter of self-interest, it is pretty sure to be thoroughly done, for your mental faculties are then no longer "a house divided against itself." So long as you ignorantly oppose this individualistic instinct, by falsely conceding that it is detrimental to your personal interests to do right or good, will you have its omnipotence against you, instead of with you. If you cannot comprehend the difference, then learn the occult principles involved, as a means of trying and demonstrating the virtues of the other plan. Hold the thought: *I-will-be-true-to-my-higher-self. I-will-live-true-to-its-individualistic-law-of-Love. It-is-to-my-self-interest-to-live-for-my-best-by-doing-good-to-others. I demand-wisdom-and-good-for-myself,-that-I-may-do-good-wisely-to-others.*

17. Shoddy Aristocracy. Do you belong to "the Aristocracy"? What are your points of pride or of Love? If anything less than that interior law which is God, then you are *breaking the first commandment.* Should it be a point of pride with you to thus infringe that law? Will this law of

your Being permanently permit you to infringe it? As it is the law of Love, it naturally is indulgent with those, who, in following the individualistic instincts, display their childish ignorance, by idly toying with these playthings of individualism, knowing that growth in wisdom will bring the knowledge that from the standpoint of permanent Being, "all persons are born equal, etc.," and that the relatedness of all life implies Brotherhood and service, instead of separation. It implies inclusiveness, rather than exclusiveness, and yet that is only a half truth, or but half of the law, for there is no one who, in a sense, is more exclusive than the occultist, although his whole efforts are directed to the work of truly serving others. He serves them by teaching, as well as by conforming to the force-massing, individualistic, self protecting, occult practices of scientific devotion, which lead to a fulfillment of the first commandment of Love to God, but which likewise make of him the most exclusive of aristocrats—in fact the only true aristocrat. Away with those Phariseeical "I am better than thou" feelings. All things evolve from within outwards, therefore be a true aristocrat, by absolving yourself wholly to the Infinite interior law of evolvement, making of that your one standard of life. Standards of aristocratic conventionality which are less perfect than that unchangeable law, must in time prove their shoddiness and inadequacy. Hold the thought: *I-am-a-true-aristocrat. The-perfect-law-of-my-higher-self-is-my-standard. I-follow-it-by-worship-and otherwise.*

18. The Necessity of Riches. When the law of all life was written into manifestation, it was found that the principle of economics, or of riches, was incorporated into it as an essential part. It must therefore be inherent in Truth or in Divinity itself. When the individualistic instincts are properly educated, and man's true relateness to his fellow-men is understood, the true social state, with reference to property,

ownership, competition, etc., will come about. It will come as a matter of education rather than through the force and violence of anarchy. The soul is unconquerable. It cannot be forced. It will not permanently submit to social conditions that are not representative of the highest principles of individualism, as well as of the principles of Love, or of universal law The perfect law of Being can be depended upon to bring about all proper adjustments and at exactly the right times. Let us be thankful that we can always trust this law and that evolution is a matter of education rather than of force or violence. We have an almost endless educative work to do for ourselves and can begin now, in the silence to seek higher adjustments regarding the law of riches. Is most of your time spent in business? Then realize the importance of having a righteous and useful business and of conducting it in accordance with the highest principles of righteousness. Silently study the occult principles of business and also the occult methods of thought concentration through which magical powers and magical results are easily attained. Hold the thought: *I-demand-power-to-righteously-attain-better-results-in-my-business-and-life. I-now release-those-interior-potencies-which-carry-me-into-thought-currents-of-the-highest-success. My-own-will-come-to-me.*

19. The Religion of Business. To bind the faculties and forces to the interior law of force, is largely a matter of religion, thought concentration, or scientific devotion. This should be done as a means of awakening those occult powers or forces which, when employed in business pursuits, insure permanently successful results. You have not reached your highest limits in the use of your forces, nor can you, until you acquire the interior organic conditions which result from scientific worship. The solidarity of the universe implies a perfect unity of the forces which compose it. You as a part, make your own place in this mass. Its importance is deter-

mined by your power to find, through knowledge and worship, the central depths within your own Being. Habits of repose of movement in your every external act, will aid in concentrating the forces, so that during your periods of thought concentration or of noonday silence, you will be able more and more to carry the thought consciousness to this interior central depth. Hold the thought: *I-now-silence my-faculties-and-forces-as-a-means-of-carrying-my-consciousness-to-my-higher-self. I-now——dwell——in-its-peaceful-serenity. I-am-gaining-power-to-use-till-tomorrow. I-thus-carry-my-religion-into-my-business. I-make-every-act-and-moment-sacred.*

20. Money Making. John Wesley wisely said, "Make all the money you rightfully can, save all you can and give all you can." Receiving both of force and of money, is the necessary preliminary to giving. If I promiscuously give of sympathy, force, or money, to those who are unable to appropriate it, I thereby cheat myself of the privilege and the power to give to those to whom I owe the duty of giving. Some people seem to almost censure us for partially demonstrating, in successful results, the laws we teach. They perhaps say, "Oh you ask such high prices for your publications I don't see why they sell so rapidly." But do you regret the expenditure? Do we not give in value, many times as much? If so, after thus receiving, are you not willing and glad that the money thus expended for these books should carry their Truths to others? Each year we give away tens of thousands of booklets which we otherwise could not, but these are given in accordance with a principle, and *where* we have reason to believe they will do their work and accomplish the most good. Tens of thousands have already volunteered their thanks for these helps, which they owe to you and others. The prices we ask are the standard of justice to self and others which we have set up and believe to be fair. If others cannot

see it that way, it is their privilege not to purchase. It is not a matter of force, of favors, or of solicitation. We ask no favors. We aim to avoid all deception. We desire our work to succeed or fail according to its merits. We believe the omnipotent law is not lacking in resources and that a work which truly represents its rounded out and comprehensive principles will not need to go begging. We do not propose to beg even for the wherewithall to carry out the stupendous work which we believe must inevitably be done through this instrumentality. If the resources are not forthcoming from the work itself, then let it go undone. We believe that our demonstration in successful results, of these principles and Truths, will rightfully win followers for them, instead of uselessly holding them up to unmerited ridicule. It is a law, that he who tries to get good, without properly paying for it in money, in service, or otherwise, thereby blinds himself and builds barriers of injustice, which will make him incapable of appropriating that good. We have no right to do that, or to permit its being done toward ourselves. Study these laws in the silence. Hold the thought: *I-demand-to-know-the-law-of-justice-to-self-and-others. I-desire-to-be-absolutely-just,-loving-and-generous.*

21. Money Spending. Nature has amply provided for the gradual improvement and final perfection of all things, by endowing all things with the vibratory law of perfection. The things themselves, being composed of force, are volatile and ever subject to the causal law of force, toward which they are polarized. Its disintegrating and constructive powers are constantly changing all things into new and higher forms. The purpose of this metamorphosis is happiness, service, use, value and the final manifestation of the great aggregate of underlying Truth. Money is a symbol of value or of wealth. Its purpose is use and service, in the acquisition of happiness. Vibratory law will not perma-

nently permit any great centralization of vast sums of money. Its economical, disintegrating equalization, constructive, evolutionary tendencies, will, sooner or later, inevitably scatter and carry it to the four corners of the earth and where it can do the most good. People borrow needless pains about trusts, monopolies, money accumulations etc. They are educational, evolutionary servants of a day, which must become adjusted from time to time, in harmony with the gradual upward tendency of the times. Natural law is balanced and has its compensations for every step in the evolutionary road. Through the proper and intelligent use of your occult powers, money can be made to come to you like the sweeping currents of a mighty river, but if then hoarded, would soon become a curse instead of a blessing and would finally succumb to the mighty sweep of the forces within yourself which brought it, unless they should be taken away. Accumulations are but a poor dependence. You are not truly independent until you get such command of your forces and thought organism that you can attract more money at any time, if that which you now have is taken away. Hold the thought: *I-use-my-forces-in-making-money. I-spend-it-wisely-and-for-the-good-of-all.*

22. Mental Attraction. There are no limits to the attractive powers of thought. As the thought dwells upon a purpose, in the calm determination to accomplish it, its forces gradually build and build, until that purpose and conception becomes an actual spiritual reality, and it will then be externalized as the proper opportunities are offered. The main thing is to hold to the purpose and to follow the leadings of the spirit so far as external efforts are concerned. The body should not be kept ever active, for the mere sake of being busy. Its every move should count. Its periods of temporary inactivity will give the spiritual forces a better opportunity to act. Real power is of the spiritual

world or of the silence. As the body and external senses become quiet, let the mind go to that rightful purpose which lies nearest your heart. Be sure that it is just and that it will bring real good and genuine happiness if fulfilled. This step should be determined from the standpoint of principle. Then as the mind goes to this purpose, hold the thought: *I-will-accomplish-my-purpose. I-now-hold-myself-receptive-to-interior-ideas-and-forces-which-will-advance-that-purpose. I-awaken-my-higher-self-in-its-behalf-and-then-follow-the-spiritual-leadings-which-come-to-me. I-now-picture-in-thought,-the-aiding-forces-and-force-currents-which-will-rightfully-fulfill-my-deepest-desires. These-forces-are-all-powerful. I-invoke-their-powers.* Be sure not to use these affiirmations excepting in a cause that is absolutely right, for if you do, they would only hasten a correspondingly important work of destruction. Beware of prostituting occult powers to malign or evil purposes. The end would be unhappy in proportion to the powers thus invoked.

23. The God in Yourself is an indestructible and therefore unconquerable law. You can in its name or power, in time accomplish all rightful purposes, therefore you need not fear to undertake whatever you deeply desire to accomplish and are willing to pay for in efforts. Whatever is right is possible. Whatever is neccssary must inevitably be. You can afford to undertake such a cause, if it is absolutely right, even though the whole word be against you. "God and one are always a majority," or in other words, that omnipotent interior law which is God, and the one individual thought organism which you represent, is able to conquer the whole world in a cause that is absolutely just. Don't say, "I can't be honest, I can't be great, or I can't do whatever it is proper that I should do." You can. You will. You must. The first requisite is to know it, and to know why and how. It is by your thought or spiritual forces. Your faculties and

forces represent that "earth" which is yours to first "subdue," for through those forces, you can then subdue their all-related correspondences. The God within yourself, is the source of your powers and happiness. By loving or worshiping it, you develop those powers into successful results. That will also bring you happiness. The concentration of your thought forces upon this interior law, necessarily yields to you the power and happiness of its vibratory harmony or "heaven." Hold the thought: *The-kingdom-of-heaven-or-harmony-is-within-me. I-seek-its-happiness-giving-vibratory-powers. The-higher-self-or-God-within-is-the-source-of-all-my-powers. I-now-silently-dwell-in-its-sacred-presence. I-feel-its-peace-and-joy-and-power.*

24. **Insight or Interior Sagacity** is a quality which can be cultivated with especial ease and effectiveness, now that we are in the interior Zodiacal sign Aquarius. As this sign is representative of the sensations, it is likely to express itself in Aquarius natures, either through a psychic super-sensitiveness of the body, or through that true insight and soul-consciousness which is of the higher self, the one being but an inversion of its true meanings. Aquarius is also representative of the interiors of business. Aquarius natures are capable of great insight and sagacity in understanding or penetrating the depths of a human soul. They also are very liberally endowed with power to use occult forces in the accomplishment of successful results in business or art. Aqarius is symbolized by two short wavey parallel lines. These are representative of wave motion or vibration; hence the musical and other vibratory powers of the sign. Though you may have been born in another Zodiacal sign and therefore are not a distinctly Aquarius nature, you can nevertheless cultivate its tendencies and utilize its present universal forces and force currents, simply by getting into the interior central depths of your soul and then by sending your forces

to things which pertain more especially to Aquarius natures. For instance, after concentrating the forces as a means of finding this central depth, you could then send force to the interiors of your respective business interests or your purposes, simply by thoughtfully and reposefully holding them in mind, or by using such affirmations as: *I-now-concentrate-all my-forces-and-then-send-them-to-my-every-business-interest. My-thought-is-absolutely-free-to-go-wherever-I-send-it,-therefore-nothing-can-successfully-oppose-the-forces-which-I-now-send. I-am-absolutely-free. I-demand-wisdom-and-courage-to-know-and-do-only-that-which-is-right-and-best.* The use of such affirmations should *always* be qualified by the thought, *If-this-is-not-right,-wise,-or-best,-then-let-the-better-come-in-its-place. I-want-only-that-which-is-right-and-best.*

25. The Diffusion of Force. Aquarius natures are very liable to ignorantly diffuse their forces and thereby bring depletion of the force centers, nervous prostration, etc. Aquarius is known as "the water bearer" but is an air, instead of a water sign. Air is representative of spirituality and things immaginative. A strong imagination is very useful in giving clearness and power to thought images, providing it is not allowed to become an avenue for scattering and wasting the vibratory forces. Always try to be well guarded upon this one point. The most powerful mentality cannot accomplish much if its forces are thus wasted. A weak mentality can generate sufficient force to accomplish much, if its forces are properly husbanded and concentrated upon some one purpose. The secret of accomplishment is concentration, or the art of turning all your power upon just one point at a time. If your methods of thought-concentration are right, the results of its persistent practice should soon show themselves in your clear-cut methods of speaking, your manners, your intonations, your dress and in your every act or movement. Try to correct all slipshod thoughts.

words and acts. Avoid hurry, worry, anger and all other intemperate methods of using your forces. Great qualities, talents and powers, are but the result of small thoughts and acts. Self-improvement lies at the base of all accomplishment and advancement. Hold the thought: *I-am-my-higher-self. Its-precious-forces-must-not-be-wasted. I-develop-my-powers-and-fulfill-my-highest-destiny-by-concentration,-thought-control,-self-improvement,-and-by-making-each-act-and event-a-stepping-stone-to-something-higher-and-better. Only-the-good-is-true. Only-the-best-can-occur. I-live-for-my-best.*

26. The Diffusion of Knowledge should and will become more and more the chief occupation of man. All things are founded upon Truth. They sprang from Truth as their first cause. The manifestation of Truth is their purpose. It need not be surprising if Truth, in time, becomes the chief commodity of barter and sale. Not that it can exactly be sold, but those who realize its importance and uses, will know no other way of making an equally righteous living and therefore will make the work of its promulgation their life business for which they will justly demand fair compensation, knowing that all things are but products of Truth and that the law of economics is written into all things including man's nature and Truth itself. Books, magazines, periodicals, etc., should and will multiply in number and improve in quality. Lecturers, teachers, preachers, musicians, artists, charity workers, etc., will be also needed in connection with our work. Each sincere and earnest person should prepare himself to take some useful part in heralding the occult truths of man's Being and of life's privileges and purposes. The outward march in the new cycle demands workers rather than loiterers, listeners or pensioners. Which will you be? Think of all these things in the silence and listen for an answer to the following question, viz: *Am I-to-be-a-standard-bearer-of-Truth? Why? How? When?*

Where? The times demand a gradual gathering together of the 144,000, (12,000 from each sign of the zodiac) chosen leaders or workers in the cause of Truth spoken of in the Book of Revelations. Perhaps you are one of them. If so then make no delay in the work of preparation.

27. Soul Memory. It is a comparatively easy matter to recall the soul experiences of a past life. The occult process through which it can be done and also the main reasons why it should not be done, are indicated and explained in our book, "Methods of Self-Help." Life means progress. To turn or even look backward, tends to cut off from us the needful supply of vibratory life. It quickly leads to old age and death. The growing boy looks forward to the future. At maturity the tendency is to live in the present, and in old age, to look back to the past, or live in memory. Old age could, as a rule, be postponed, if we would not compare the magnified objects and events of a past, with the disagreeables of the present. The past disagreeables have perhaps been forgotten, simply because our courage to meet them brought into still bolder relief, the pleasant events which thus become indelibly stamped upon the pages of soul memory. Should the soul be less indomitable now? We remember pleasant events to the extent that we can awaken into activity their vibratory sediment, which is still a living factor in the brain cells of memory, etc., that represent our past soul growth. All is vibration. Soul growth is along the line of vibration. By understanding and conforming more intelligently and fully to its law, we could multiply the landmarks and epochs in our soul history. We should learn those occult laws and methods through which it becomes possible to take evolutionary steps which are three million miles long, instead of only three feet long. We should utilize thought concentration daily, as a means of intelligently conforming to the law of Being. It is through such worship

and Love that we become able to illumine the few basic principles involved and which otherwise might seem cold and barren. Hold the thought: *I–awaken–only–those–soul–memories–which–can–contribute–to–my–sonl–growth–of–today. I live–in–the–ever–lasting–now,–by–conforming–to–its–unchangeable–law.*

28. Spiritual Healing. Health is harmony. It is the equilibrium of the vibratory forces. The law of vibration is the spirit. Its manifesting organism, or power to think, is capable, through thought-concentration, of attaching itself more closely to that law, thereby becoming infused more and more with its higher vibratory harmonies. To produce this result within the self, is likewise the first and main step in healing others through the then projected thought potencies. By steadily concentrating the thought upon some relatively true conception of what the higher self is, and, as the mind becomes reposeful, to then steadily hold the same conception of the higher self of another, is to stimulate its high potencies into activity, so that they infuse themselves into his external thought-organism and body. Then if words of Truth are spoken, his higher self responds to them, thereby displacing or harmonizing the diseased or discordant vibratory conditions within that bodily organism. The body is but a reflcction of the mentality, and that in turn is but a reflection of the higher self or interior thought organism which is at one with spirit, or the law of life. Hold the thought: *I–am–my–higher–self. My–higher–self–is–perfect. All–my–forces–and–force–centers,–such–as–brain,–lungs,–heart,–liver,–kidneys,–bowels,–generative–organs,–skin,–etc.,–perform–their–respective–functions–perfectly. I–am–whole. That–which–seems–imperfect–is–not–the–real–me–and–therefore–has–no–power over–me. The–real–me,–is–that–which–lives–forever. I–now–manifest–perfect–health–for–I–am–my–higher–self. I–believe–only that–which–is–true. Disease–is–untruth. I–love–truth. My–mind*

is-at-peace. All-its-forces-are-harmoniously-concentrated. In giving treatments to others, the word you, could be substituted for the I, but plenty of time should be taken in *getting ready* to give the treatment during which time the word I could first be made useful.

29. Uses of Sickness. Love is the cause of harmonious vibration. Disease denotes its absence from the consciousness. It is therefore but the craving of the body for more Love. Loving vibrations from the higher self, feed the body with their life giving powers, and its forces thus become as harmoniously peaceful as a sleeping child. All sickness is remedial. It is natures disintegating method of changing our forces into new and higher forms. Its inharmonies already show the action of positive interior involutionary spiritual forces. We should take sides with those forces, rather than against them. If feverish conditions rage, let us calmly realize that the more intense this rage, the more rapid is our progress toward recovery, and that the soul principle or power to think, is indestructible and unconquerable. It is almost impossible for the body to die, until the desire for life and indomitable determination to live, is at least partially silenced. The constant desire for life and for its external continuation, is an important factor in lengthening the life. The "natural constitution" is but representative of the permanence of this demand. To think or say that "Life is not worth living," or to indulge in any form of pessimistic thought, is to sow seeds of bodily inharmony and physical death. To think or anticipate the pleasures of a long life, and fearlessly plan for its continuance, is to add power to your "natural constitution." Is not that better than to "drive nails in your coffin," by continuously complaining or whining? Hold the thought: *My-higher-self-is-proof-against-all-sickness-and-disease. My-soul-is-indestructible,-I-will-live-forever. I-demand-wisdom-and-power-to-be-happy-now-and-al-*

ways,-and-to-live-for-my-best. I-am-thankful-for-my-eternal life. I-learn-lessons-from-all-experiences. I-am-thankful-for-even-bitter-experiences-whenever-they-are-necessary-to-teach-me-the-true-way-of-life.

30. Perpetual Youth. Happiness is life giving, as well as the object of life. To cultivate happiness is to cultivate "perpetual youth." The law of life or of vibration is perfect, changeless and indestructible. The secret of happiness as well as of long life, or perpetual youth, is to live in oneness with the higher vibratory harmonies of that law. Every thing in the world was created by it for man's use in the attainment of happiness. He who dolefully drawls out long prayers, in an effort to crucify the natural desires and human instincts, is likely to find, sooner or later, that true prayer and true happiness is but the happy recognition of Divine law in its purpose of giving happiness to all, through all things; and that we need only to change our attitude toward common things, making it one of happy appreciation and thanksgiving, rather then of condemnation. When we learn to recognize the Divine law or esoteric meanings within all things, we will find angels of happiness instead of devils, lurking behind even the roughest exteriors. We will see only what we have found within ourselves. It is the delerious eye of intoxication, that sees "snakes in the boots. Truth reveals the fact that boots are not the natural habitat of snakes. Let us seek happiness in all things and chiefly within ourselves, by making a right use of *all* our faculties and forces. Thus will we be able, in time, to give thanks through every thought and act, for the Infinite blessings of life. In doing this we will be but worshiping God with the whole heart, mind, soul and strength. Concentrate now upon the thought: *I-now-seek-that-interior-law-of-force-or-life-which,-through-happiness,-is-able-to-give-perpetual-youth. I-am-thankful-for-all-the-blessings-of-life. I-seek-to-worship-*

God–through–every–thought–and–act–by–living–from–my–higher self. I–am–the–law–of–perpetual–youth.

31. **Buried Talents.** We each are endowed with the law of life and therefore with its endless possibilities. We should not sacreligiously curse this law, by saying "there is nothing I can do." The first duty is always to the self. It is the duty of properly training and controlling the faculties and forces in the attainment of happiness. As we learn these laws of life, we should not forget to try and teach them to others. This spirit of loving helpfulness will serve to bring us that which we most desire and need. There is no one who is too weak or simple to carry lessons of life to receptive minds. The weak things of the world, when backed by knowledge of Divine law, will often be able to "confound" or instruct the mighty. We at least should have the disposition to do, and after we have done our part in trying, can well afford to leave the matter of results to the law itself. Silently concentrate the forces as a means of determining what has been for you "the best thing of the month," and then during the next twenty-four-hours, watch for opportunities to tell it to others. Never mind about the bad things or "worst things of the month." Let them die, even from the memory, but cherish the jewels of good, which can be made useful to yourself or others, in doing the duties of present and future. "The best thing of the month" is necessarily a spiritual thing. Have we not the right to suppose that it pertains to your efforts in these practices of thought concentration? Tell others of the helps that can be obtained through such practices. He who carries the glad tidings of great joy, must make a beginning, with perhaps only one, although multitudes may afterwards be blessed by his words.

Concentration Methods and Helps.

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1. **Spiritual Gifts** relate to that control of the thought faculties and forces which results in finally giving the thought organism mastery over vibratory law and all of its inherent potencies. Your spiritual gifts represent your present degree of progress toward that end. You can, in your every act, cultivate these rare gifts. You cultivate them by producing and maintaining moods of happiness and contentment. Habitual cheerfulness and contentment, implies the concentration of the forces, for if they are constantly scattered, they will produce unrest, discontent and final misery. True contentment is largely the result of patient, hopeful aspiration for better surrounding conditions, rather than the opposite. The mind can be keyed to a high tension, so that its every faculty does relatively its best and yet possess that contentment with things as they are, which regards them as temporary stepping stones and opportunities, rather than as an adequate finality. Your higher self is your true spiritual mind. It is endowed with every spiritual gift of the highest order. You should, through occultism and its practices of thought concentration, etc., learn how to keep closely in touch with the higher self, that you may exercise its spiritual gifts in all you do. That is the way to become permanently contented, happy and successful. If you continue to do things simply from the external or lower mind, or personality, the higher self will find ways of entering its protests, until you awaken to life's higher meanings.

A large amount of the present discontent, is but the result of this. Hold the thought: *I-concentrate-my-forces-daily-as a-means-of-keeping-in-close-touch-with-my-higher-self. I-exercise-its-spiritual-gifts-in-all-I-do. I-do-my-best-and-then-am-content-and-happy. My-higher-self-insures-my-permanent happiness. I-rely-upon-it.*

2. Spiritual Communion. The spiritual forces of many minds, through co-operative thought, of course have a tendency to organize themselves into currents, so that each of those minds feels a sort of interchange of force, or spiritual responsiveness, that is not incompatible with the principles of true force-massing or thought concentration; but much discrimination must be exercised at this point, or the passive moods of so-called thought concentration, will degenerate to a mere spiritualistic communion with harmful external psychic forces etc. You will experience true companionship with great souls, to the degree that you exercise fidelity to your own thought battery, or to the principle of drawing upon the inner vibrations *only*. You cannot, with equal success, draw upon the law of vibration in any other safe way. You cannot approach the depths of other souls, except through your own thought organism and by that as a primary object. Your primary object should be to commune with the higher vibratory potencies within your own Being; or in other words with the God within. Aquarius natures are generally capable of being very successful in this, providing they will be duly faithful to the true principles involved. Hold the thought: *I-now-commune-with-my-own-higher-self. The-universal-laws-are-all-within-me. It-is-my privilege-and-duty-to-seek-them-there,-rather-than-elsewhere. I-draw-my-life,-my-inspiration-and-my-power,-solely-from-this-interior-source. I-will-now-try-to-love-this-God-or-law-of-Being,-with-all-my-heart,-mind,-soul-and-strength,-and-my*

neighbor-as-myself,-because-all-are-related-to-this-law-and-are therefore-part-of-myself.

3. **The Spiritual Control of the Insane** is dependent upon definite principles and occult methods, which are easily learned and applied. Aquarius persons are naturally endowed with power to control the insane, first because of the vibratory powers of their thought, and second because of the interior polarization of the forces which is largely instrumental in endowing them with more than ordinary vibratory powers. Nearly every case of insanity, or loss of the individuality, is the direct or indirect result of becoming subjective to external psychic forces. When the individuality is temporarily allowed to step out, a horde of these external elementary forces or psychisms will step in. The force centers are then rapidly depleted as a consequence, if not as a preliminary, and by sex abuses or otherwise. When this mediumistic psychic control is, through ignorance, gradually or *unconsciously* brought about, the first tumble over the borderland of insanity, generally signifies a more or less permanent loss of the individuality, because unless its interior forces are pretty well polarized, it will then be almost unable to protest with sufficient positiveness to recover itself. Do you dabble in those inverted methods of occultism which make you subject to psychic control? Do you unconsciously commune with psychic forces? Does the night, or moonlight often bring you moods of deep depression? Then you have taken the first steps toward the "mad house." The remedy consists in thought control, self knowledge, the control of your forces, and chiefly in that persistent practice of true thought concentration, which thoroughly polarizes your forces to the higher self or interior nature, thereby giving them and you, the steadiness and anchorage of its interior law. Hold the thought: *I-now-concentrate-and-polarize-my-forces-to-my-higher-self.*

4. Your Real Relations. The chances are that there are deep and far-reaching underlying causes which especially connect your soul life with your parents and other relatives. But it should be remembered that your highest duty is to yourself and to those true companionships, which, whether among relatives or others, are best able to rightfully contribute to your soul growth. Human qualities, human relationships and human friendships are sacred, and should be held sacred to the extent that they contribute to that end of character building or soul growth. You are not called upon by spiritual law, to love or worship vice, even though it comes to you in the garb of physical relationship. You need not exercise tyranny or excessive parental dominion over relatives, just because you think they would otherwise disgrace you. If husbands, wives, parents and others would exercise less ignorance and needless solicitude upon this point, much misery would be avoided and the general results would be greatly improved. Marriage is too sacred to be degraded to mere ownership or an unreasoning mental tyranny. Your real relations and friends are those who are on your own line of march. Do your duty to wife, husband, parents, children or other relatives, but as an individual whose rights to self and relations to the God within are *supreme*, rather than as a mere slave or chattel. Every human relationship is but a means to an individualistic universal end, rather than the end itself. The human loves should be sacredly held as a training for that universal love which knows no limits and which compassionately and lovingly takes all persons and things under the protection of its tender wings. Hold the thought: *My-chief-duty-is-to-myself,-my-higher-self-or-the-God-within. I-love-its-law-above-all-else. I-love all-persons. All-are-but-parts-of-that-law-or-of-my-higher-self. I-will-try-especially-to-do-my-whole-duty-to-those-to-*

whom,-through-the-workings-of-that-law,-I-have-become-especially-related-at-least-temporarily.

5. The Church of Silent Demand. Prentice Mulford's statement of years ago, that this church of silent demand was already a spiritual reality, has since found reponses in the hearts of an ever growing multitude. This multitude will increase, until the Christ principles on which this universal church is based, become the accepted principles of the whole world. The past is practically a sealed book. These Christ principles of occultism, needed only the final factor of our discovery and statement of the law of vibration or cause of force, to give to them a scientific key to all mysteries, thereby placing occultists at a pivotal point which is representative of the best in all factions which are to be unified into The Universal Church. The occultists were thereby given practical command of the whole situation, as time may give convincing proofs. It is a self-evident fact, that our principles represent the true laws of scientific devotion or worship, therefore absolutely nothing can prevail against them. They will finally triumph over all things. If they are comprehensively true and right as is self-evident that should settle the whole matter with you. Can you not understand that their ever increasing popularity is thereby insured? But even if they were not growing so rapidly in popularity, could that affect their efficacy wherever, whenever and by whoever they are properly applied? Let those who are permanently wedded to "toadyisms" and who know no better, be the ones to act because of such superficial and nonsensical reasons. Let your spiritual life now become an active reality through thought concentration. Hold the thought: *I-silently-demand-power-to-understand-and-apply-the-Christ-principles-of-my-higher-self. I-rely-upon-thought-concentration-and-the-law-of-demand-for-my-spiritual-growth*

6. Co-operative Thought. When many reasonably intelligent minds, who, as to essentials, are of one accord, co-operate in thought at regular daily periods for the purpose of obtaining that close attachment to the higher self which results in self-improvement, the cultivation of spiritual gifts, the attainment of practical external success, etc., the individual and general results are bound to be of far reaching importance. Even the most material and uninstructed mind, who was a veritable ignoramus so far as a knowledge of nature's finer forces the laws of mind and powers of thought etc., are concerned, could not deny that these noonday and other co-operative occult practices of our Brotherhood, must *certainly* result in *self-culture* even if in nothing more. This should be sufficient to convince the most skeptical, that this Church of Silent Demand offers important practical helps, which, without cost, can and should be utilized by one and all; for *self-improvement* is the basis of all true success and advancement. But there is perhaps no one who has properly tested these methods even individually and alone, or who has any knowledge of the underlying laws and general powers of thought, that would be willing to concede that self-culture or self-improvement are the only practical results which the members of our Brotherhood attain through these noonday practices. There are very many, who to our personal knowledge, have attained other very important and in some cases almost startlingly magical results. It is possible that you might do the same. You cannot learn and properly observe our methods without receiving substantial benefits. If a single mind is capable of exercising extraordinary occult powers, the combined powers of many instructed minds must necessarily result in generating a great spiritual force, the good influence of which will be felt far and wide. Hold the thought: *Where-two-or-three-are-gathered-together in-my-name-there-will-I* (the Christ principle within)*-be-in-*

their–midst. Co-operative thought is co-operative prayer to a God or law, which, being within the higher self, is capable of bringing responses or answers, with scientific exactness and to the extend of our intelligent co-operation with that law.

7. **Positive and Negative Thought.** The human organism, or power to think, is so constructed, that it cannot always remain in a positive condition or mood. How cruelly horrible would be the punishment of simply having to keep awake, and nothing more, until insanity or death would ensue. The chance are that insanity would come first, because as the forces and force centers became exhausted, the organism would gradually become a prey to external psychic forces which would partially relieve the suffering by supplying a species of negative or psychic force. Happiness is the object of life, therefore when happiness is relatively impossible and life becomes necessarily only a misery, the tender Father principle, temporarily cuts it off or offers some panacea Your supply of negative force should be understandingly drawn upon at regular periods and from the law of force within yourself. If you properly understand the science and art of producing a dreamless sleep and of protecting yourself during sleep from harmful external psychic forces, you will have little difficulty in thus obtaining for yourself a supply of interior vibratory force that ordinarily would be sufficient to last until noon, but if you would duly uphold accomplishment, by giving a constant backing of vibratory power to the esoteric force-currents surrounding you which you have set up, you should, at frequent periods during the day, reinforce yourself by becoming negative, at least for a few moments or a minute, to the spiritual interior forces of your higher self. The noonday hour of thought-concentration is intended as a means of re-supplying this power, so that its fullness may make itself felt in every act of the afternoon. Thes periods of concentration also offer excellent oppor-

tunities for self-culture, self-improvement or force-massing, for the reconstruction of your thought habits, for the attainment of original ideas pertaining to your affairs and for sending out new force-currents that are fairly livid with the powers and wisdom of your higher self. Hold the thought: *I–will–learn–and–apply–the–science–and–art–of–positives–and–negatives,–or–of–vibratory–law,–so–far–as–it–pertains–to–my–character–building–and–true–success. I–aspire–to–the–best–thought–habits,–and–to–the–highest–attainments.*

8. Reverie and Castle-Building. Thought concentration is a species of reverie; but it should be free from that harmful mental receptivity to external forces which is so common among those who are habitual day-dreamers. In the most absolute sense, the perfect is the only real. We are constantly drifting toward our highest ideals. The ideal is the thought-force-arena of real accomplishment. The imaginative and other day dreaming or castle-building faculties should, during the negative periods of reverie or of thought-concentration, be kept under the thorough control of the will, and according to the definate principles and laws of occultism. True thought-concentration or reverie, is not productive of lethargic conditions, but of that negative responsiveness to the higher self, which fills each faculty with keenness and alertness of force and power, and which enables it to easily accomplish almost any legitimate purpose. Let us now utilize reverie in building castles of character which will last for eternity. We perhaps need better health, better surrounding conditions, thought control, beauty of body, spiritual culture, happiness, more perfect self-knowledge and self-control, a definate knowledge of the powers and laws of thought, and of the occult methods through which those powers may be obtained, a disposition and power to use our talents and forces in ways which will be most productive in good results to ourselves and all others.

All of these things can at least be aspired to, and aspiration is thought force, which rapidly builds, in exact accordance with its intensity, definiteness and co-operative harmony with the universal laws of Being. Let us try to unify our forces and purposes, by disarming those within ourselves which perhaps oppose that which is highest and best for us. Hold the thought: *I-desire-only-that-which-is-best-for-me. I demand-power-to-convert-each-act-and-common-event-into-a-stepping-stone-and-opportunity. I-aspire-to-the-highest-attainments. I-build-for-eternity. I-need————————etc.*

9. **Sleep and Dreaming.** The chances are, that you obtain from your sleep only a very small percentage of the force and power which it could offer to you. We are "fearfully and wonderfully made." Our future possibilities are at present inconceivable to us. The only difficulty is a lack of knowledge. The thought organism is the one and only manifesting agent of Truth or universal law, therefore self-knowledge comprehends the all of knowledge concerning its all-related parts. If you would now hold the affirmation: *I-am-that-indestructible-and-omnipotent-universal-law-which-is-all-and-within-all,-here-and-everywhere,-now-and-forever,* you would but be stating that which is true of your higher self. Supposing you start the silent noon hour work of today by slowly and quietly using that affirmation several times. It also could be used at night as a protection against dreaming, or drifting into the astral. The true sleep producing methods serve to quiet the intellectual faculties and to carry them beyond the semi-conscious psychically receptive state and into deeply involutionary conditions which are receptive to the inner vibrations *only.* As these inner forces begin to flow into the organism, they become a protection against external forces that would be harmful. The organizing powers of sleep are derived so largely through the amative faculty, gender, or sex, that in addition to the above

general affirmation, the following could perhaps be also used to advantage each night before retiring, viz: *I-put-myself-in the-keeping-of-my-higher-self. Its-love-forces-will-flow-to-me while-I-sleep. I-am-Love. I-love-all-things. I-conserve-all my-forces-and-devote-them-to-the-good-of-all. I-rest-in-harmony,-peace-and-Love.*

10. **Protecting Influences.** In addition to the use of special mantrams or affirmations each night before retiring, it would be well to occasionally set up special surrounding force-currents, which will keep you in the thought currents of Infinite good and away from the discordant forces and force-currents which bring inharmonious external conditions, such as accidents, losses, illness, etc. All true protection of course comes from the higher self, therefore it is only a matter of invoking its protecting influences. Supposing an affirmation such as the following is used, not only during the silence today, but also whenever the need of protection is felt, viz: *I-rest,-now-and-forever,-in-the-harmonious-strength-of-that-Infinite-law-which-I-am. It-liberates-those-forces-within-me-which-keep-me-in-the-everlasting-thought-currents-of-Infinite-good. I-now-feel-the-motherly-protection-and-upholding-influence-of-these-universal-laws-which-I-invoke-whenever-I-attach-myself-to-my-higher-self I-am-my-higher self. I-act-from-it-in-all-I-do. The-law-of-my-words-is-absolute. There-is-nothing-that-can-obstruct-them. I-am-absolutely-free-in-every-atom-of-my-Being. I-am-overshadowed-by-the-protecting-influence-of-the-spirit-in-all-that-I-do. I-now-give-thanks-for-its-goodness.*

11. **"The Art of Forgetting,** at will, is perhaps as important as is that of remembering. The success of many an enterprise is ruined, by allowing the mind to dwell upon disagreeable or irrelative things of the past, thus interfering with or modifying the thought currents of present or future. These causal force-currents must be kept actively progres-

sive, to insure the proper growth of an enterprise. The business that does not grow or improve, at least by fastening itself more thoroughly to the hearts of its patrons, is in reality going backward. All life is vibration or activity, therefore nothing eternal can stand absolutely still. Your business must continually grow in your mind, or it will soon stop growing outwardly. If your mind is properly concentrated upon things of the present and future, it will have no time or opportunity to be mourning over, or even thinking of the things of a dead past. If the thoughts are thus concentrated upon pleasant, hopeful and consequently successful things, you will thus avoid the unhappiness of brooding over past disagreeables, or of fearing that which may never happen. It is necessary to avoid such negative moods if you would avoid unhappiuess and the negative thought currents which produce failure. The character and quality of your thoughts and moods, determines your success in every true sense. As concentration is the one chief requisite in "the art of forgetting" as well as of all life, let us silently concentrate the thought upon the subject of forgetting, as a means of cutting away from all dead or disagreeable events or lifeless things of the past, which are perhaps unnecessarily chaining us, to death, disease and unhappiness, instead of to life, progress and rightful enjoyments. Hold the thought: *Force-massing,–Character-building–and–progress–are–my–objects. I–now–enlist–the–powers–of–my–higher–self–in–accomplishing–those–and–all–other–proper–objects. I–am–therefore–equal–to–all occasions–that–may–come–to–me.*

12. **Strength-Getting and Strength-Keeping** are also largely dependent upon our moods of mind, or powers of reposeful concentration. We should outwardly cultivate the indomitable spirit which belongs to us. Our strength can generally be measured by our courage, knowledge and obedience to the thought-laws of Being. If, when through

our negative or depleted force-conditions, we become slightly ill or inharmonious, we immediately give up and thereby become more negative, we are thus giving a warm reception to disease. We should always take sides with the spirit, instead of against it, in such cases. If we temporarily yield externally to illness, it should be in the knowledge that all so called disease or bodily inharmony is remedial and caused by the efforts of the spirit to infuse the body with its higher vibratory potencies. If we remain in bed, or otherwise yield in such cases, it should be for the force-massing purpose of collecting or re-concentrating the scattered energies which made such inharmonies possible. So long as we keep in close touch with the higher self, through thought concentration, we will not be weak or sick. Lack, or the depletion of strength, is but lack of recognition of our higher powers, or of that interior unchangeable law which is omnipotence itself. It should be our effort, through every act, to liberate the latent energies of the higher self. This can be done by maintaining that attitude or mood of mind which leads us to always act from the higher self. Every external means of strength gaining, should be regarded as only a symbol of the interior methods of going direct within, to the exhaustless source of all power. External methods, even such as foods, drinks, etc., can be made helpful only to the extent that they borrow of the interior vibratory law. Their power to give of their vibratory life, is measured by the sympathetic conditions of power which they find within ourselves. Hold the thought: *I-am-strong-in-the-strength-of-my-higher-self. It-is-indestructible,-therefore-I-am-fearless,-positive-and-full-of-its-power. I-am-my-higher-self. I-become-negative-only-to-its-interior-law-and-forces. All-my-forces-are-derived-from-it.*

13. The Source of Strength. People are so in the habit of worshiping size, that they find it hard to comprehend or

permanently believe, that the Infinite law of omnipotence is fully represent within themselves and within each separate atom. They are perhaps satisfied that the soul is immortal, but can hardly realize that it is their power to think, which is thus indestructible and through which they derive all their powers. Until they make a careful study of the self-evident principles of vibratory law, they may find it difficult to unwaveringly believe that the thought organism carries with it such inherent powers—viz omnipotence; nor will they be likely until then, to duly awaken or manifest their occult powers. So long as they continue to worship a God which is external to themselves, will they be going away from their own inherent "kingdom of heaven" or of harmony and power. Try in the silence to think of drawing upon the universal supply, and as you make this effort, guard against the tendency to elongate your neck, as if *your* universal supply was only external to yourself, instead of also within yourself. If at any time in the future, you catch yourself in the neck-craning act of drawing upon an external universal, then again bring home to yourself the important lesson that *your* universal can be found by you *only* in the *within.* Let these words ring in your ears until their essence is built permanently into your soul. Hold the thought: *Infinite-law-is-everywhere,-or-omnipresent,-but-my-Infinite,-can-be-found-by-me,-only-in-the-within-of-my-higher-self. I-look-to-this-law-for-life,-health,-strength,-support,-defense,-inspiration-and-happiness. I-can-perceive-the-Infinite-in-external-things-only-to-the-extent-that-I-have-first-found-it-within-myself.* Then repeat the first commandment, substituting the words I and My, for Thou and Thy.

14. **Contentment.** The art of producing and maintaining moods of true happiness is comparatively rare, but it can be learned and applied. As happiness is the object of life, to fail in attaining it, is failure indeed, at least so far as this

life is concerned; and as life is continuous we must remain in essentially our present conditions until, through our own thought acts, we set up force conditions which will build something different, or attract us to other affinities. The essential teachings of both old and new Testaments are the scientific principles and fact, that "Whatsoever any man soweth, that shall he also reap," therefore if we consciously postpone our happiness to another life, we should have and know some very good reasons for it. We should understand the principles of life as a means of knowing just what kind of character and happiness structures we are bnilding. The sooner we intelligently begin to build right, the sooner will such structures begin to loom up. Life is activity, therefore the law of life was not made conducive to laziness. The law of cause and effect, or of sowing and reaping, is perhaps not comforting to lazy people, but it should be at least satisfactory, that we can always have happiness to the degree that we earn it, and that all of lifes compensations in happiness etc., are placed within our easy reach and beyond the range of uncertainty, because of our inherent tendencies to seek and thus find it. The true seeker always wants the bald truth of things, instead of wilfully blinding himself to it, for fear it would keep him from longer following his "will 'o the wisps." The true source of happiness is within. It is a result of that concentrated spirit, or attitude of contentment and thought control, which sees the beatiful law gleaming through even ugly exteriors, thus by pleasant thoughts, arranging the interior vibratory forces into harmony instead of discord. Hold the thought: *My-life-is-as-I-have-made-it,-therefore-I-do-not-complain. I-am-temporarily-content. By my-spirit-or-attitude-of-contentment-I-help-to-obtain-those-harmonious-and-concentrated-moods-and-force-conditions-which-make-of-each-act-a-stepping-stone-to-something-higher. I-seek*

true-happiness-and-wise-objects-by-right-methods. I-am-master.

15. **Mental Intemperance.** The concentrated attitude of mind which best generates force, is also necessary as a means of then holding it. The force-centers will become depleted and weak, if continually subjected to unnecessary wastes. Wastes have their mental cause and could therefore be considered as mental wastes. It is only the mind that can feel or act. The body is but its reflection. Anger, worry, anxiety, fear, passion, etc., are all discordant and intemperate uses or wastes of precious vibratory force. They stimulate the vibration only to exhaust it and are a prolific cause of a thirst for stimulating foods and drinks. They deplete the force-centers thereby inviting weakness, failure, disease, inharmony and unhappiness. Nearly all such things originate in that fear which springs from ignorance. Thought concentration or worship of the Infinite interior law of force, helps to hold the forces and awakens a sure faith, founded upon definate knowledge, that this law is all powerful and so perfectly constructed that no "accident" or harm can befall any of its products. Only this could satisfy the instincts of Love and make perfeet happiness possible. Man's instints of benevolence could never be entirely satisfied, so long as pain or suffering to any of his related parts, was an eternal necessity. Hold the thought: *Mental-and-physical-disorders and-all-external-inharmonies-are-subject-to-the-perfect-law-and-order-of-my-higher-self. My-mentality-manifests-perfect-harmony-now. Order-and-temperateness-are-unchangeable-laws-of-my-Being.*

16. **Fear Forces.** The desire to know and express all Truth as a means of gaining power and happiness, is inherent and basic in the human organism. It is the original impulse of individualism. "Knowledge is power." The lack of it is weakness, therefore from ignorance springs weakness and

its consequent fear forces. The cause suggests the remedy, viz, a removal of that causal ignorance. The thought that all things are one and in the keeping of a law which is fully represented within each separate part, could perhaps be made helpful at times in allaying these paralyzing fear forces. If the smallest part of the universe should actually go wrong, it would necessarily destroy the harmony of the whole universe or unit. The fact that the universe still exists, should convince us that there is never any real cause (except ignorance) to worry A thing can be either remedied or not. If not then don't worry and if it can, then set about the work of remedying it, instead of wasting time and force by worry. The occult philosophy teaches how to cultivate a courage and a dauntlessness of spirit which is above all worry. You have an individual work to do in driving out the lurking remnants of fear forces. Strike at your self-ignorance concerning the laws of permanent Being and of its *manifestation*, if you would reach the root of the difficulty. Hold the thought· *I-am-indestructible. I-am-at-one-with-the-Truth-of all-things-and-therefore-am-capable-of-learning-all-things,-thereby-gaining-conscious-omnipotence-and-absolute-freedom-from-fear-or-evil. Ignorance-is-the-only-bondage. My-higher self-is-absolutely-free-because-not-ignorant. I-now-polarize-my-forces-to-my-higher-self. It-is-my-absolute-protection. I-am-therefore-free-in-every-atom-of-my-Being.*

17. **Look Forward** instead of backward. Life means progress. Your supply of vibratory life or force is from within and is drawn upon by thought—by thinking of life's meanings and by trying to fulfill them. To look longingly backward, by dwelling in thought upon the things, whether pleasant or unpleasant, of a dead past, is to turn away from your vibratory supply of life, thereby fastening upon yourself their death-like inertia. Remember the allegory of "Lots Wife" who by thus looking backward and in direct

defiance of the absolute command of natural law, thereby turned "into a pillar of salt," which, among other things, is representative of the saving principle of involution, or of polarizing back to the Father principle of Being. There is no death; only change. But why should we halt, hesitate, or delay our progress by looking backward to an event, which if properly met at the time, has already served its purpose of usefulness in the work of our character building. To look backward implies a lack of concentration, for in the meantime, the thing of the present, which is the matter of chief importance, is thereby neglected. To thus or otherwise scatter the forces, tends toward death, weakness, failure and unhappiness, instead of toward life, power, success and true happiness. What if our circumstances at present are not all that we could wish? It is perhaps because by loitering, or through ignorance, we ourselves have made them so. Shall we continue to loiter or to whine, instead of bravely setting about the pleasurable effort to build circumstances more to our liking? After all, it is chiefly the attitude of mind which makes circumstances pleasant or unpleasant, for happiness is from *within.* Then let us cultivate a good frame of mind by silently holding the following thought, viz: *God, or-divine-law,-is-always-with-me. What-more-could-I-ask. I-therefore-spend-my-time-in-rejoicing,-instead-of-in-whining,-that-it-has-indulgently-allowed-me-to-create-my-present-imperfect-circumstances. I-am-learning-through-circumstances,-how to-find-this-God-within. I-will-learn-and-obey-its-laws.*

18. Occult Currents. By our thoughts, we are continually creating for ourselves occult currents, good or bad. One object of these noonday devotions, is to exercise knowledge, wisdom and discrimination in an effort to create force-currents which will be more in accordance with our highest ideals. We must thus turn our attention to the spiritual arena of real action, if we would govern the consequent out-

ward correspondences. The mere symbols of externality, are for the temporary amusement of those who are as yet but children in their knowledge of evolutionary law, and whose drifting methods are not entirely beyond the stage of unconscious growth. If you are really in earnest and desire to become master instead of the slave of your surroundings, then begin with your interior forces. These and our other books can offer you substantial helps, providing you will but co-operate, by really trying to observe or practice their methods; but the main work is something which you alone can do. Hold the thought: *I-now-concentrate-my-thought-forces-upon-the-question-of-ideal-surroundings. I-demand-to-know-what-steps-to-take-first,-in-making-my-surroundings-all that-they-should-be. I-seek-and-will-follow-the-leadings-of-my-spirit-or-higher-self. I-am-now-sending-out-spiritual-forces-which-will-make-my-life-happier-and-more-productive-of-good-results-to-myself-and-all-others.*

19. **Our Associations** are our magnetisms, the fruits of our permanent thoughts or character. As we learn to govern our thoughts in accordance with the principles of permanent Being, we will find it desirable and perhaps necessary, to cut off from such of our associations as are not representative of these improved spiritual conditions. In doing these things, we will be setting up causal forces which will bring us associates that are more to our liking, and with them will gradually come improved surroundings and the happy consciousness that we are growing or improving in every external way. While recognizing appreciatingly the importance of such external changes, we should not forget to pay our chief tributes of thankfulness to the interior law which makes those and greater things always possible. If after temporarily using these laws of thought in obtaining such improvements. we then forget all about them, and become entirely engrossed with these external symbols of their power,

we thus cut off our further progress; while by continuing the same methods, our conditions would continue to improve. Hold the thought: *There-is-nothing-too-good-for-my-soul. I use-its-forces-for-the-sake-of-Truth. I-gain-happiness-by-using-my-occult-powers-for-the-good-of-all. Wisdom-is-my-chief-love. I-demand-wisdom-and-good,-first-to-myself,-that-I-may-do-good-wisely-to-others. I-demand-the-associations-which-best-answer-my-needs-in-making-me-truly-and-permanently-happy.*

20. Spiritual Garments. The body is but a "coat of skin," in the language of symbology. Its external garments can and should, at least to some degree, be made representative of its spiritual conditions. Dress can be made an aid in obtaining associations which correspond to our soul conditions It can be made a source of spiritual satisfaction. Dress soon accumulates an atmosphere of vibratory conditions, which is representative of the thoughts and moods of its wearer. Each thread of a garment has its vibration according to its quality. Each stitch taken in making it, is somewhat representative of the moods of its maker. Elements of cheapness and shoddiness have their correspondence in moods of dishonesty, hate, low wages, anxiety, hurry, discontent, etc. A shoddy garment thus made, generally finds its affinity in a wearer who is in a low spiritual condition, and it does its share toward intensifying those conditions and in leading to failure and the poorhouse. It is wise to use garments made by well paid and thoroughly competent workmen. Their reposeful concentrated efforts and artistic interest in the work of making a good garment, is a spiritual power which its wearer easily absorbs. Your spiritual appreciation of a good garment, is love force which accumulates as you wear it, and vice versa. It is wise to dress as well as your purse can afford, and to take a spiritual interest in matters of your dress. It is well to change your

garments after business hours, so that your hours of recreation can become more free from the previous business moods or atmosphere of thought with which the clothing then used becomes impregnated. Think of this subject and if as yet unable to properly satisfy your tastes for dress, then make the following silent demand viz: *I-demand-the-leisure,-the-opportunity-and-the-power-to-wisely-gratify-my-highest-tastes-for-dress,-and-for-all-things-which-if-properly-used,-would-contribute-to-my-happiness,-usefulness-and-true-welfare.*

21. **Power Through Repose.** See how slowly, deliberately and reposefully you can raise your hand to your face. Try it once more,————slowly. And again still more slowly. Then can you truly say that you have no control over your thoughts, or that you cannot, by thus using your will, gradually cultivate the rare quality of concentration and repose, or the consequent moods of success? It is through small thought-acts that the greatest qualities and occult powers are gradually acquired. Concentration of the forces is the main requisite. Absolute self-mastery is possible to you. To understand that fact is the first step. Every act and every condition in life, offers an opportunity for training in self-mastery. The smallest act and circumstance should not be over-looked, but should be utilized as a stepping stone in gaining that control of the forces which will give you command over *all* external things. As you learn to thus grasp the shining opportunities which trifles offer, you will have gained power to make the road to high attainment and abundant success much easier than you are perhaps now making the road to failure. Fall in with the optimism of nature. Make your life much easier than it is. Cultivate your occult powers through reposeful effort and thought control, so that you will be able, even by a decreased penditure of force, to multiply results. Hold the thought: *I-now-reposefully-concentrate-my-thought-forces-upon-the-sim-*

ple-act-of-moving-my-hand. I-demand-power-to-think-of-only-one-thing-at-a-time. I-will-try-to-be-deliberate-and-concentrated-in-every-act. I-am-determined-to-make-the-best-of-my-resources-and-opportunities. I-aspire-to-the-highest. My-higher-self-is-my-strength-and-reliance.

22. Sunday is a day of rest, of repose, of concentration, or of worship. Like sleep, it should be used as a help in renewing our powers, or of concentrating our forces. The scientific worship of that true God or law of force which is within the higher self, necessarily results in the concentration or resupply of our scattered energies. All is vibration. The relative importance of all things can be accurately determined only when we measure them according to the exact standard or mathematical principles of vibratory law. Nature's cycles of seven, explain why the proper observance of every seventh day as a day of worshipful rest and concentration, is of vast importance. Nature's system of economics is perfect. Our most rapid progress is made when we cooperate with, instead of oppose its orderly workings. The powers of individualism are so great, that to some extent, man can temporarily make his own "constitution and bylaws," but when he gets through, will finally understand that nature has made provision even for *that*—in fact for all things. Let us now silently worship the law of Being in the wisest ways we know, and as each Sunday comes, try to make of it a day of rest, or of concentration, and in a high sense of the word. Hold the thought: *I-will-make-of-each-Sunday-a-day-of-re-creation-and-rest. I-utilize-nature's-cyclic-laws-of-periodicity. I-am-thankful-for-the-accumulated-spiritual-force which-long-observance-of-every-seventh-day-brings-to-me-and others. I-demand-to-know-the-occult-methods-through-which-Sunday-can-be-made-more-fruitful-in-spiritual-power. Every day-is-sacred-to-me. My-every-act-is-sacred. I-worship-Infinite-law-through-my-every-act.*

23. Spiritual Understanding. Let us try to become as children, in our freedom from prejudice and preconceived opinions. Occultism offers wonderful possibilities in the way of educational methods which would give children the right start in the use of their talents and powers. There are many who were so trained, that they will be unable, during this life, to overcome the prejudices which wrong training in early life has imposed upon them. Think of the loss, and of the responsibility which the education and training of children, of all ages, involves. The first step toward spiritual understanding is absolute freedom from prejudice. Take that step now. Try to "unlearn" the untruths which mere tradition and dependence upon the beliefs of others has built into your soul life. You cannot afford to let them remain there a moment longer. The law of vibration or of all Being, offers the keynote to all knowledge. Learn the essential principles of that law, and then the ordinary use of your thought organism or natural faculties will bring you true spiritual understanding. You cannot go amiss if you square all your ideas to its principles, for all is vibration, and its laws explain all things. Take it for your standard. Let its worship, as an ever living interior principle, be the object of your life. You are its partner. But so far you have done but little of the firm's work. Try to do your share. Learn how. Hold the thought: *I-have-spiritual-guidance-and-spiritual-understanding. I-am-led-of-the-spirit. All-my-faculties-do-their-perfect-work. The-law-of-my-life-is-perfect-harmony. This-spiritual-law-is-my-guide. It-gives-me-life,-strength,-health,-support,-defense,-knowledge,-wisdom,-inspiration,-peace-and-happiness. I-bow-in-reverence-to-this-giver-of-all-life. It-is-my-eternal-life-now.*

24. Spiritual Reliance. Spiritual understanding is the result of constantly using all the thought powers which are inherent in the human organism. You should rely wholly

upon your higher self or the God within. The first commandment says "thou shalt." Unless the Infinite is a liar you can afford to do this. In relying upon your higher self you are but worshiping God or the Infinate law of all life. The instincts of individualism are ever admonishing you to do this. Your soul life must in time become representative of the positiveness of individualism and the negativeness of an involutionary love to that interior law which is God. These two factors represent the whole of life and the wholeness of its causal law. Thought-concentration and its methods are representative of this dual completeness of organic law. Sooner or later all must come to it. "Thou shalt." Hold the thought: *I-rely-upon-my-higher-self-or-spirit. This-"lord"-or-law,-is-my-shepherd. I-shall-not-wan't-etc.*

25. Self-Confidence and Over-Confidence. When the quality of self-confidence is backed by and founded upon a conscious understanding and reliance upon the thought laws of permanent Being, it thereby receives the benediction of the spirit and but rarely if ever becomes obnoxious. Even when not properly ballanced by knowledge and sound sense, it should perhaps be excused rather than condemned, because it is along the right line of self-culture. Its individualistic instincts often sense these premonitions of the I AM spirit, even before the I AM principles and laws are understood, and the experiences of time are almost sure to tone down this over-confidence, so it will be too subdued to appear very offensive, except perhaps to those who themselves are afflicted in the same way. The inherent powers and the possibilities of the soul are absolutely unlimited, therefore the very worst cases of over-confidence must necessarily quickly recover- Those who are liberally endowed or overstocked with self-confidence, should ever remember "the golden rule," so that it will not manifest in arrogant or other obnoxious and harmful ways. The many who are difficient

in the quality, should cultivate it, by an upright attitude in standing or walking, by demanding that all rights to self be duly respected, by a study of the faculty and general constitution of the mind from scientific standpoints and by affirmations such as the following viz: *I-am-my-higher-self. It-endows-me-with-inherent-omnipotence. I-am-the-manifesting-agent-of-Divine-law. In-the-strength-of-that-law-I-can-do-all-things. I-demand-the-knowledge-and-wisdom-to-use-my-occult-powers. Nothing-can-daunt-me. My-soul-is-indestructible-and-unconquerable.*

26. Hesitation, Restlessness, Apprehensiveness and Worry, are characteristics which are often found in those born in the Zodiacal sign Pisces, (viz. from about Feb. 19th to March 21st,) Pisces is a water sign and is symbolized by "the fishes;" hence the above and other qualities, chiefly good, of Pisces individuals, but which need to be understood to be properly trained. As the proverb goes, "He who hesitates is lost," and while it is perhaps not quite so bad as that, it is certain that hesitation, appehensiveness, worry, etc., are representative of negative conditions which connect with a general tide that is more or less unfavorable, antagonistic and destructive to the individual interests. He who wishes to become master instead of the slave of fate or of this general tide of events, should become negative only to the interior vibratory forces, and should go with the general tide only when it is advancing toward the absolute right of Infinite Good. The universal currents contain just enough that is destructive to individual interests, to gradually teach man to place an absolute reliance only upon the higher self or supreme law of life which is within. This purpose of nature likewise points the way to the only sure remedy viz, Absolute reliance upon the higher self or Infinite law. Hold the thought: *My-soul-or-higher-self-is-changelessly-steady. It-is my-anchorage-and-reliance-in-all-things. In-its-name-and-*

power–I–do–what–is–right–and–am–then–willing–to–take–the–consequences. That–which–is–not–absolutely–right–in–essence,–if–done–with–the–highest–motives–that–can–be–then–obtained–from–the–higher–self,–will–lead–to–good–and–finally–to–the–best,–even–if–not–entirely–good–in–itself. I–do–my–best–and–then–accept–all–consequences–unflinchingly.

27. Intellectual Dishonesty. It seems almost incomprehensible, that any person should be unwilling to face and accept the Truth in any intellectual matter. And yet it is a very common thing, even in religious and ethical matters where grave personal consequences are at stake, for persons to absolutely blind themselves to the most apparent and self-evident truths or facts. The Christ said, "The Truth shall make you free." It may be justly regared as a principle or law, that ignorance is the only bondage and that the true way to liberty or freedom, is the way of knowledge and obedience, through love of Truth. Do you love liberty? Then be more earnest and free from prejudice in your search for Truth. There are perhaps but few who are entirely free from that intellectual dishonesty which fears to look every Truth squarely in the face. The Truth is never in danger. It is always a protection to those who love and seek it. It is the only safe reliance and protection against all shams and evils. If your position upon any important intellectual question is weak, it is eminently important to you that you know it, and in exactly what respects; therefore you should welcome every attack against it, however savage, knowing that if in the right, the Truth will thereby be made all the more apparent, and if wrong, then you can fortify yourself by more thorough knowledge. Hold the thought: *I–am–absolutely–free–in–thought. I–fearlessly–seek–the–Truth–wherever–it–may–be–found. My–heart–cries–for–knowledge,–wisdom–and–its–resultant–freedom,–happiness–and–power. I–now–consciously–feel–the–powers–of–my–higher–self. Its–awakened–faculties–will–*

lead-me-direct-to-the-exhaustless-interior-source-of-all-Truth. "There-is-no-religion-higher-than-Truth."

28. The Will and The Way. The way of Truth is always open. It ever leads to its own freedom and omnipotence. It manifests itself only through a thinker or vibratory organism. It endows you with all that is inherent in Truth and Love. Vibration is power. Your thought force is vibration. As you persist in thinking a thing, the vibrations of your thought, gradually intensify in power, until the purpose of that thought is accomplished. There is an absolute law behind this. "Repetition of vibration is omnipotent." Where there is a will there is a way." The will is of thought and when thus backed by the powers of thought, unceasingly progresses in preparing the way, so long as the will is unswerving in its purpose. Seek the wisdom of your higher self, in the selection of your purposes, and then hold to them in spite of the most unpromising external appearances, knowing that your will, or persistent thought and purpose, has the Infinite law of force to back it. Your will and thought efforts should carry you daily to the higher self, as a means of getting fresh re-inforcements or infusions of vibratory power. Go now to that interior fountain and imbibe the force and power of the silence.

Hold the thought: *I-now-commune-with-the-spirit-of-the-silence. My-consciousness-is-now-being-drawn-within-and-in-and-in,-while-the-music-of-its-vibration-becomes-softer-and-sweeter. My-senses-are-hushed-as-I-imbibe-the-rapturous-peace-and-harmony-of-my-heavenly-interior-city-of-God,-where-absolute-silence-reigns-supreme. I-now-listen-for-the-subdued-echos-of-sounds-which-my-senses-temporarily-left-behind,-so-that-my-consciousness-may-thus-carry-its-present-blissful-harmony-and-vibratory-power-into-my-outer-life. I-am my-higher-self. I-act-from-it-in-all-I-do. I-will-do-what-I-will-to-do. "I-am-that-I-am." I. AM.*

29. "**Leap Year** coming once in four, gives February one day more" for true accomplishment. There are yet, ten months, or 306 days of this leap year before us. With the impetus of that introduction to our own higher selves which these and other subjects and thought concentration helps have perhaps given, we should be able from this time on, to evolutionize or progress by leaps and bounds, instead of at the mere snails pace of unconscious growth. Thus may we make of each of these days, a leap year, so far as our own advancement is concerned. Let us prepare for these leaps, by a preliminary concentration of our forces. Let us outline for ourselves the concentration methods which we think are best adapted to our needs. The past has surely offered us some jewels of wisdom pertaining to these subjects, which we can well cherish and continually utilize. In our haste to go forward, let us not overlook these jewels, for it is by the assimilation and use of knowledge, that power and wisdom are gained. Silently repeat the Lord's Prayer and also hold for yourself the thought: *May-the-benediction-of-my-spirit-or-higher-self,-rest-upon-and-abide-with-me,-now-and-evermore—Amen.*

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